

DC Department of
Parks and Recreation

2009
Winter
Program
Guide



Wonderful Washington Winter

DC Department of Parks and Recreation
3149 16th Street, NW
Washington, DC 20010

dpr.dc.gov

DC Department of
Parks and Recreation



2009

Winter
Program
Guide



Wonderful Washington Winter



Adrian M. Fenty, Mayor

dpr.dc.gov



Clark E. Ray, Director

Welcome to our all - New 2009 Winter Program Guide

Get A Jump on DC Summer Camps 2009

"Make Your Mark"

at the

23rd ANNUAL
BLACK HISTORY
INVITATIONAL

SWIM
MEET

February 13 -15 2009

Takoma Aquatic Center

300 Van Buren Street, NW

Washington, DC



2009 Summer Camps
Registration starts
February 2, 2009

Camp Central Office
202-671-0295 or
DPRcamps@dc.gov



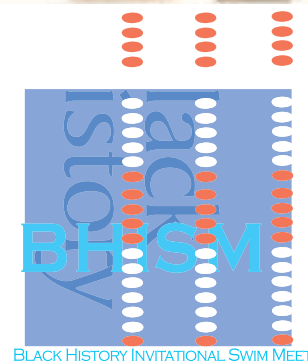
Adrian M. Fenty, Mayor



Clark E. Ray, Director



UNITED BLACK FUND, Inc.
OF GREATER WASHINGTON, D.C.

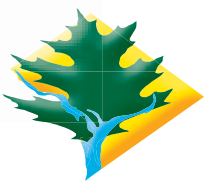


BLACK HISTORY INVITATIONAL SWIM MEET



Adrian M. Fenty, Mayor

DC Department of Parks and Recreation
dpr.dc.gov



Clark E. Ray, Director

Greetings from the Mayor



On behalf of the District of Columbia, welcome to the DC Department of Parks and Recreation 2009 Winter Guide.

Living a healthy and active life is one of the greatest gifts we can give ourselves and one of the best examples we can set for our children. It's also a year-round commitment, much like the commitment the administration has made to provide you and your family with quality recreation and athletic programs and facilities throughout the year.

This guide gives you great insight into the many sports leagues, programs, classes and other exciting initiatives the Department of Parks and Recreation has in store for you this winter. Our parks, indoor pools, playgrounds, weight rooms, and recreation and community centers are all ready and waiting for you, with dedicated staff available to help you enjoy your visit.

I sincerely hope that you and your family enjoy all of the exciting offerings of the Department of Parks and Recreation this winter.

A handwritten signature in cursive script that reads "Adrian M. Fenty".

Adrian M. Fenty
Mayor

Greetings from the Director



Welcome to the 2009 Winter Guide for the DC Department of Parks and Recreation!

While the weather outside is becoming cooler and things may be beginning to slow down outside, your Department of Parks and Recreation shows no signs of doing either – as we have another season full of programs, classes, and special events for everyone to enjoy.

The Department of Parks and Recreation is here to help you stay active and healthy throughout the year, even during these chilly winter months. So take a moment and look through our winter guide, and I'm sure you'll find something for you, a friend, or a family member to enjoy this winter.

If you're looking for even more opportunities for fun this winter, you can find additional information about our facilities, other programs, and special events on our website, DPR.DC.GOV. You can even signup to receive updates and news from DPR in your email.

I hope this year that the Department of Parks and Recreation is part of your Wonderful Washington Winter!

A handwritten signature in black ink that reads "Clark E. Ray". The signature is written in a cursive style with a large, looping "C" at the beginning.

Clark E. Ray
Director

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DPR Works for You

The DC Department of Parks and Recreation (DPR) provides quality urban recreation and leisure services and facilities for residents and visitors to the District of Columbia. DPR maintains and operates parks, pools, spray parks, athletic fields, and community and recreation centers across the District.

DPR coordinates and provides a wide variety of programs for residents of all ages, including sports leagues, youth development, therapeutic recreation, aquatic programming, outdoor adventure, camping, child care services, and senior citizen activities. Among the many programs and classes included in this fall activity guide, are a number of offerings that you may not be familiar with, including yoga, foreign language classes, chess, dance classes, and even SAT preparation.

Please use this guide to learn more about DPR by reading below, by visiting our website at DPR.DC.GOV, or by calling DPR Customer Service at (202) 673-7647.

Athletic Programs

The Athletic Programs Administration provides sports and athletic opportunities to District youth and adults through competitive leagues, tournaments, and sports instruction through coaching, classes, and clinics.

DPR also provides a wide array of non-traditional sports opportunities through sports camps, exhibitions, and field trips. DPR operates Fitness Centers with exercise equipment and weights at 13 locations across the District. For more information call (202) 671-1700.

Aquatics

The Aquatics Division offers residents of all ages and abilities a variety of high-quality aquatic programming and aquatic facilities across the District. Indoor pools operate year-round and outdoor pools and spray parks operate during the summer months.

A variety of classes are available from swim instruction to scuba, aqua aerobics, and even water polo. For more information call (202) 997-5839 or (202) 576-6854.

Camping and Environmental Education

DPR offers a diverse array of exciting urban recreation and camping opportunities for youth ages 3 to 17; including sports camps, aquatic camps, therapeutic camps, and other day camps. DPR also offers Discovery Camps for youth ages 6 to 13, and Little Explorers Camps for youth ages 3 to 5.

Through our environmental education programs, DPR works with youth and adults to build a greater awareness and understanding of the natural environment in and beyond the District of Columbia. Two environmental garden centers support this effort and provides youth and adults the opportunity to enjoy hands on gardening in the heart of city.

Exciting outdoor recreational trips are offered throughout the year such as mountain biking, boating, fishing, surfing, camping and trips to Camp Riverview, DPR's premier overnight residential camp located on the shores of the Potomac River in Scotland, MD. For more information call (202) 671-0295 or (202) 673-2033.

Educational Services

The Office of Educational Services provides year-round, high-quality, and fully licensed childcare, early care and education, Out of School Time, and Cooperative Play preschool programs. These experiences are designed to give our earliest learners a strong foundation. Programs to stimulate the growth and intellectual development of children 2 - 18 years old by creating an environment where activities are carefully chosen to promote learning. Parental involvement is emphasized through program planning, participation in activities, and policy committee meetings.

For more information call (202) 671-0372.

Nutritional Services

Nutritional Services operates a number free meal programs at DPR centers across the District. These programs provide free, nutritious meals and snacks to children 18 and younger throughout the summer months when they are out of school. These meals are essential to the physical and mental development of children living in low-income areas (i.e. areas in which 50 percent or more children receive free and reduce priced meals during the school year).

For more information call (202) 576-7622.

Senior Services

The Senior Services Division provides senior citizens across the District with interesting and fun opportunities for social interaction, individual development, and interaction with neighborhoods and communities through regular programs and special events throughout the year. Many of the Senior Services programs also provide a strong emphasis on wellness and fitness through creative health and exercise programs. For more information call (202) 671-0335.

Teen Programs

Teen programs offers a wide variety of programs specifically designed to keep teens actively engaged throughout the year and help youth build and develop positive relationships with one another through cultural and social enrichment activities. Teen programs include Teen Nights Outs, Supreme Teen Clubs, Youth Council, community service projects, sports, leadership development and other fun recreational events. For more information call (202) 671-0423.

Therapeutic Recreation

Therapeutic Recreation provides recreation and athletic programs for residents of all ages, including adaptive programs and facilities for persons with disabilities by addressing the needs of individuals living with disabilities through a continuum of specialized therapeutic recreation program services. Services include leisure life skills development, adaptive sports and aquatics, senior programming, community inclusion activities, arts & crafts, cultural activities, summer camps, and special events and field trips. For more information call (202) 698-1794.

Youth Development and Roving Leaders

Youth Development provides aspiring youth with opportunities that teaches valuable life skills, moral values and helps them develop positive social skills through community service projects and cultural experiences. Paraprofessional outreach workers with specialized knowledge of youth gang prevention techniques staff the office and provide mentoring, leadership development and other valuable life skills. The Roving Leaders Program is the cornerstone of the Youth Development Office. Since 1956, Roving Leaders have conducted community outreach to mobilize neighborhood residents around issues that contribute to youth violence. For more information call (202) 673-6843.

Registration, Permits and Reservations

Registration Made Easy!

DPR offers two ways to register for programs, classes, and more – online at DPR.DC.GOV or in-person at any of the registration sites listed in this guide on pages 8 and 9.

To register, you will need the registration number listed with each item in the guide (example: 4549.499) or the name of the program or class and time desired. If there are multiple offerings, please know which date and time you would like to register for, as each time does have a unique registration number.

Note: Programs, classes, services, and facility features are subject to change.

Online

Visit DPR.DC.GOV and go to the “Register for Programs” section. First time users will need to create an account. Payment online must be made by credit card (MasterCard, Visa, or Discover only).

In-Person

Visit any of the DPR centers listed as registration sites on pages 8 and 9, the ✱ symbol indicates the sites where staff is ready to assist you with your registration needs.

Payments

Payment can be made by check, credit card (MasterCard, Visa, or Discover), or money order. Checks and money orders should be made payable to “DC Treasurer”.

Please include the registrant's name, address, and phone number on all checks and money orders. There is a \$65 fee for all returned checks.

Refunds

Refund requests submitted before the program start date will be honored. For all requests, a 10% administration fee will be subtracted. No refunds will be given after the start of an activity. Please note: Some activities have a No Refund policy. Refer to the written activity description to determine if this policy is in effect. The registrant is entitled to a full refund in the event that the Department of Parks and Recreation cancels a program.

Permits and Reservations

The Department of Parks and Recreation (DPR) Permit Office manages and issues permits for all DPR facilities and sites, community gardens, and for picnic areas at Rock Creek Park and Fort Dupont Park, operated by the National Park Service. A permit is required for the use of any DPR facility or site by: more than 10 people for an hour or more; organized leagues; or for special events or the reservation of a multipurpose room.

For more information visit the “Permits and Reservations” section at DPR.DC.GOV or call the DPR Permit Office at 202-673-7667 or 202-673-7449.

Please remember a few tips:

- Rental fees. To recover costs, DPR charges modest fees for reservations depending on the facility and the number of hours of use. All fees must be paid in full in advance.
- Plan ahead. For most rental requests, you may submit an application for a permit up to three months in advance. Planning ahead gives you a better chance of securing the facility/park of your choice.
- Provide details. The more information you provide on your permit application about your event, the better our staff will be able to serve and support your requests. All fees must be paid in order to secure a permit.
- Allow enough time for setup and cleanup. When you secure a permit for an event, it is required that you set up and clean up before and after the event.
- Know the emergency (Park Rangers) contact number: (202) 441-2605 or 449-0148. We want to provide you with the best customer service possible, therefore, if staff is 15 minutes or more late in arriving or if you have an emergency, please call the emergency contact number between the hours of 9 am and 12am.

Give DPR a Call!

Customer Service	(202) 673-7647
Athletic Programs	(202) 671-1700
Aquatics	(202) 576-6854
Camping	(202) 671-0295
Communications	(202) 673-7156
Early Care & Ed. Services	(202) 671-0380
Facilities Management	(202) 673-7713
Human Resource	(202) 673-7603
Nutrition Services	(202) 576-7622
Park Rangers	(202) 673-3402
Roving Leaders	(202) 698-2250
Seniors Services	(202) 671-0335
Teen Programs	(202) 671-0423
Therapeutic Rec.	(202) 698-1794
Ward 1 Office	(202) 673-7612
Ward 2 Office	(202) 673-7612
Ward 3 Office	(202) 282-2202
Ward 4 Office	(202) 576-3211
Ward 5 Office	(202) 576-9238
Ward 6 Office	(202) 673-9129
Ward 7 Office	(202) 645-9200
Ward 8 Office	(202) 645-3961

For further information in Spanish, please call (202) 673-7647
Para más información en español, por favor llame al (202) 673-7647

For further information in French, please call (202) 673-7647
Pour plus d'informations en français, appelez le (202) 673-7647

For further information in Traditional Chinese, please call (202) 673-7647
欲瞭解以中文提供的更多資訊，請致電(202) 673-7647

For further information in Vietnamese, please call (202) 673-7647
Để lấy thông tin thêm nữa xin ngài gọi số điện thoại (202) 673-7647

For further information in Korean, please call (202) 673-7647
한국어로 된 정보가 더 필요하시면, (202) 673-7647 번으로 전화하세요.

For further information in Amharic, please call (202) 673-7647
የበለጠ መረጃ በአማርኛ ቋንቋ ለማግኘት፣ አባክዎን በዚህ ቁጥር ይደውሉ፡
(202) 673-7647

Fitness Centers



A fitness center membership provides access to all DPR facilities with weight rooms.

Membership Categories

Individual

	DC Resident	Non-Resident
Daily	\$5	\$7
Monthly	\$25	\$32
3 Months	\$60	\$75
Yearly	\$125	\$150

Family

	(2+ member of same household, per person)	Non-Residents
Daily	\$4	\$6
Monthly	\$16	\$23
3 Months	\$40	\$55
Yearly	\$100	\$125

Seniors

	(55yrs. and over)	Non-Residents
Daily	\$3	\$5
Monthly	\$12	\$19
3 Months	\$30	\$45
Yearly	\$75	\$100

For a Weight Room/Fitness Center near you, please review the Facility Features on page 8 and 9.
For more information call (202) 671-1700.

Facility Features

			DPR Park						Recreation Center				
Ward 1	Address	Phone	Registration Site	Baseball Diamond	Multipurpose Athletic Field	Tennis Courts	Basketball Courts	Playground	Computer Lab	Fitness Center	Gymnasium	Accessibility	Indoor Pool
Banneker	2500 Georgia Avenue NW	(202) 673-6861	☀	▼	■	◆	●	▲	■	▼		♿	
Columbia Heights	1480 Girard Street NW	(202) 671-0373	☀				●	▲	■	▼	●	♿	
Harrison	1330 V Street NW	(202) 673-6865		▼			●	▲					
Kalorama	1875 Columbia Road NW	(202) 673-7606	☀				●	▲					
Marie Reed	2200 Champlain Street NW	(202) 673-7768				◆	●	▲			●		💧
Parkview	693 Otis Place NW	(202) 576-5750		▼			●	▲					
Ward 2													
Kennedy	1401 7th Street NW	(202) 671-4794	☀	▼		◆	●	▲	■	▼	●	♿	
Stead	1625 P Street NW	(202) 673-4465	☀		■		●	▲					
Volta Park (Formerly G-town)	1555 34th Street NW	(202) 282-0380	☀	▼		◆	●	▲				♿	
Ward 3													
Chevy Chase CC	5601 Connecticut Ave., NW	(202) 282-2204	☀				●	▲					
Chevy Chase Rec.	5500 41st Street NW	(202) 282-2200	☀	▼		◆	●	▲					
Friendship	4500 Van Ness Street NW	(202) 282-2198	☀	▼		◆	●	▲					
Guy Mason	3600 Calvert Street NW	(202) 282-2180	☀	▼				▲					
Hardy	4500 Q Street NW	(202) 282-2190	☀			◆	●	▲					
Hearst	3600 Tilden Street NW	(202) 282-2207	☀	▼	■	◆	●	▲					
Macomb	3409 Macomb Street NW	(202) 282-2199	☀	▼			●	▲					
Palisades	5200 Sherrier Place NW	(202) 282-2186	☀	▼		◆	●	▲					
Stoddert	4001 Calvert Street NW	(202) 282-2193		▼				▲					
Ward 4													
Emery	5801 Georgia Avenue NW	(202) 576-3211	☀	▼		◆	●	▲	■	▼	●	♿	
Fort Stevens	1327 Van Buren Street NW	(202) 541-3754	☀	▼	■	◆	●	▲					
Hamilton	1340 Hamilton Street NW	(202) 576-6855	☀	▼	■		●	▲	■				
Lafayette	5900 33rd Street NW	(202) 282-2206	☀	▼		◆	●	▲	■				
Lamond	20 Tuckerman Street NE	(202) 576-9541	☀	▼				▲	■	▼	●	♿	
Petworth	801 Taylor Street NW	(202) 576-6850	☀			◆	●	▲	■			♿	
Raymond	915 Spring Road NW	(202) 576-6856	☀	▼	■	◆	●	▲					
Riggs-LaSalle	501 Riggs Road NE	(202) 576-5224		▼	■			▲					
Takoma	300 Van Buren Street NW	(202) 576-7068	☀	▼	■	◆	●	▲	■	▼		♿	💧
Upshur	4300 Arkansas Avenue NW	(202) 576-6842	☀	▼	■		●	▲	■				

Please contact the Recreation or Community Center for hours of operation.

For more information, visit our dpr.dc.gov or call DPR Customer Service at (202) 673-7647.

Note: Programs, classes, services, and facility features are subject to change.

Ward	Address	Phone	DPR Park						Recreation Center				
			Registration Site	Baseball Diamond	Multipurpose Athletic Field	Tennis Courts	Basketball Courts	Playground	Computer Lab	Fitness Center	Gymnasium	Accessibility	Indoor Pool
Ward 5													
Arboretum	2412 Rand Place NE	(202) 727-5547	☀			◆	●	▲					
Brentwood	2311 14th Street NE	(202) 576-6667	☀	▼			●	▲				♿	
Dunbar (Pool)	1301 New Jersey Avenue NW	(202) 673-4316											💧
Edgewood	3rd & Evarts Street NE	(202) 576-6410	☀	▼		◆	●	▲					
Fort Lincoln	3100 Fort Lincoln Drive NE	(202) 576-6818											
Harry Thomas	1743 Lincoln Road NE	(202) 576-5642	☀	▼	■		●	▲	■			♿	
Joseph Cole	1200 Morse Street NE	(202) 724-4876	☀					▲			●		
Langdon Park	2901 20th Street NW	(202) 576-6595	☀	▼		◆	●	▲			●		
North Michigan Park	1333 Emerson Street NE	(202) 541-3522	☀	▼					■	▼	●	♿	
Taft	1800 Perry Street NE	(202) 576-7634	☀	▼		◆	●	▲			●		
Trinidad	1310 Childress Street NE	(202) 727-1293	☀	▼				▲	■	▼	●	♿	
Turkey Thicket	1100 Michigan Avenue NE	(202) 576-9238	☀	▼		◆	●	▲	■	▼	●	♿	💧
Ward 6													
King Greenleaf	201 N Street SW	(202) 645-7454	☀	▼	■	◆	●	▲	■	▼	●	♿	
Payne	303 15th Street SE	(202) 727-5474	☀	▼									
Rosedale	1700 Gales Street NE	(202) 724-5405	☀	▼		◆	●	▲					
Sherwood	640 10th Street NE	(202) 698-3075	☀	▼		◆	●		■	▼	●	♿	
Watkins	420 12th Street SE	(202) 724-4468		▼			●	▲					
William H. Rumsey	635 North Carolina Ave., SE	(202) 724-4495	☀										💧
Ward 7													
Benning Park	53rd & Fitch Streets SE	(202) 645-3957	☀	▼		◆	●	▲	■		●		
Benning Stoddert	100 Stoddert Place SE	(202) 698-1873	☀	▼		◆	●	▲	■		●		
DC Therapeutic	3030 G Street SE	(202) 698-1794	☀	▼			●	▲			●	♿	💧
Fort Davis	1400 41st Street SE	(202) 645-9212	☀	▼		◆	●	▲	■		●	♿	
Hillcrest	3100 Denver Street SE	(202) 645-9200	☀			◆		▲	■	▼	●	♿	
Kelly Miller	301 49th Street SE	(202) 388-6870	☀	▼	■	◆	●				●	♿	
Kenilworth-Parkside	4300 Anacostia Avenue NE	(202) 727-2485	☀	▼		◆	●	▲	■		●		
Ridge Road	800 Ridge Road SE	(202) 645-3959	☀	▼			●	▲					
Watts Branch	6201 Banks Street NE	(202) 727-5432					●	▲					
Ward 8													
Anacostia Fitness Center	1800 Anacostia Drive SE	(202) 698-2250								▼			
Bald Eagle	100 Joliet Street SW	(202) 645-3960	☀	▼	■	◆	●	▲			●		
Barry Farm	1230 Sumner Road SE	(202) 645-3896	☀	▼		◆	●	▲					
Congress Heights	100 Randle Place SE	(202) 645-3981	☀	▼		◆	●	▲					
Douglass	2100 Stanton Terrace SE	(202) 645-3980	☀	▼		◆	●	▲					
Douglass Jr.	2601 Douglass Road SE	(202) 386-4501											
Ferebee Hope	3999 8th Street SE	(202) 645-3917			■								💧
Fort Stanton	1812 Erie Street SE	(202) 645-3970	☀	▼	■	◆	●						
Malcolm X	1351 Alabama Avenue SE	(202) 391-2215				◆		▲	■			♿	
SE Tennis & Learning	701 Mississippi Avenue SE	(202) 645-6242											



Winter Break Camp

Campers will enjoy a fun packed week-long program filled with holiday themed activities and outings. Participants will demonstrate their creativity through arts & crafts projects and holiday card making. Campers will create journals and visit local libraries during the week.

Starts: December 22, 2008 Ends: December 26, 2008

No camp on Thursday, December 25, 2008.

Fee: \$25 per participant

Registration for the program must occur in person at the selected recreation center.

For more information, please call Camp Central at (202) 671-0295.

- 2078.109 Banneker Recreation Center
2500 Georgia Avenue NW
- 2078.144 Hillcrest Recreation Center
3100 Denver Street SE
- 2078.107 Bald Eagle Recreation Center
100 Joliet Street SW
- 2078.165 Palisades Recreation Center
5200 Sherrier Place NW
- 2078.129 Fort Davis Recreation Center
1400 41st Street SE
- 2078.153 Lamond Recreation Center
20 Tuckerman Street NE
- 2078.174 Riggs LaSalle Recreation Center
501 Riggs Road NE
- 2078.197 Watkins Recreation Center
6201 Banks Street NE
- 2078.181 Sherwood Recreation Center
640 10th Street NE
- 2078.192 Turkey Thicket Community Center
1100 Michigan Avenue NE

Special Events

Guy Mason Annual Coat Drive

Begins: November 15, 2008

Guy Mason Community Center

3600 Calvert Street NW

For more information call, (202) 282-2180

10th Annual Feed the Homeless Program

November 27, 2008

Ages: 13 to 19yrs.

8am to 2pm

Fort Davis Recreation Center

1400 41st Street, SE

Volunteers and teen club members will meet at Fort Davis recreation center to prepare sandwiches, fruit, and drinks to distribute to homeless residents of the District of Columbia. The teens will visit several sites through-out the city. For more information call, Elijah Fagan, Ward 7 Manager at (202) 645-9212.

2008 Girls Volleyball

November 28, 2008

Ages: 9 to 15yrs.

7pm to 9pm

Fort Davis Community Center

1400 41st Street, SE

Riggs LaSalle Community Center

501 Riggs Road, NE

Sherwood Recreation Center

640 10th Street, NE

Beginning November 28, the 2008 Girls Volleyball Season will kick-off at three centers. The season will consist of six games, with a one game elimination playoff, and a Citywide Championship Game.

Thanks For Giving-Feeding the Homeless

December 5, 2008

Ages: 12yrs. and over

5:30 to 7:30

Malcolm X Recreation Center

For more information call, (202) 645-3961/62

Instructors & Students Annual Arts and Crafts Exhibition

December 6, 2008

11am to 4pm

Guy Mason Community Center

3600 Calvert Street NW

For more information call, (202) 282-2180

Holiday Party

December 19, 2008

Ages: 6 to 12yrs.

3pm to 6pm

Macomb Recreation Center

3409 Macomb Street NW

Participants will enjoy the end of the year with a Holiday Party. Refreshments will be served along w/dancing, refreshments and music. For more information call, (202) 282-2199

Supreme Teens Annual Toy Drive

December 7-18, 2008

Ages: 13 to 19yrs.

12:30pm to 7pm

Banneker Recreation Center

2500 Georgia Avenue NW

Teens from Teen Club will collect new and unwrapped toys for children ages 5-16 to be given to the Children's Hospital. For more information call, (202) 673-6861

Xmas Party

December 12, 2008

Ages: 12 under/All

5pm to 7pm

Hardy Recreation Center

4500 Q Street NW

Participants will sing Christmas Carols and enjoy dancing, food, music and exchange gifts.

For more information call, (202) 282-2190

Senior Tea

December 13, 2008

Ages: 55yrs. and over

11am to 2pm

Columbia Heights Community Center

1480 Girard Street NW

For more information call, (202) 671-0373

Cross Country Track National Championship

December 13, 2008

For more information, call Edgar Sams, DPR Track and Field Coordinator at (202) 671-0395.

Holiday Musical Recital and Sing Along"

December 14, 2008

2pm to 4pm

Hillcrest Recreation Center

3100 Denver Street, SE

Admission is free

Tree trimming Party

December 19, 2008

Ages: 5 to 12yrs.

4pm

Palisades Recreation Center

Children will decorate holiday tree and enjoy refreshments.



Christmas Party

December 19, 2008

Ages: 15yrs. and under

4pm to 6pm

Kennedy Recreation Center

1401 7th Street NW

For more information, call (202) 671-4794

Teen Club Christmas Party

December 19, 2008

Age: 9 to 14yrs.

6:30pm to 10pm

Lafayette Recreation Center

Participants will take part in the holiday party, with music and refreshments.

Breakfast with Santa

December 20, 2008

Age: 12 & under

11am to 1pm

Lamond Recreation Center

20 Tuckerman Street NE

Santa Claus is coming to town! In collaboration with the Metropolitan Police Department 4th District, Santa will have breakfast with one hundred pre-selected participants from the Lamond community. After breakfast participants will have their picture taken with Santa himself and receive a joyful surprise.

Adult Basketball Tournament

January 2 - 8, 2009
Ages 18yrs. and over
6pm to 8:30pm Fee: Free
Kennedy Recreation Center
1401 7th Street NW

For more information, call (202) 671-4794

Teen Club Martin Luther King Poetry Slam

January 14, 2009
Ages: 13 to 19yrs.
7pm to 9pm
Kenilworth Recreation Center
4300 Anacostia Avenue NE

For more information, call (202) 727-2485

Back In the Day Photo Contest

January 14, 2009
Ages: 55yrs. and over
2pm to 4pm
1230.200 Fee: Free
Fort Stevens Senior Center
1327 Van Buren Street NW

Seniors bring in their old time favorite photographs to be displayed and entered into a contest; judges will select the funniest picture.

Honoring Hero's

January 15, 2009
Ages: 6 to 12yrs.
6pm to 7:30pm
Fort Stanton Community Center
1812 Erie Street SE

For more information, call (202) 645-3916

"Keep the Dream Alive" Basketball Tournament

January 19, 2009
Age: 18 & under
10am to 5pm
Lamond Recreation Center
20 Tuckerman Street NE

Youth basketball tournament consisting of teams from around the metropolitan area in honor of Dr. Martin Luther King. It is open to boys and girls AAU travel teams, BGCGW, DPR, and area middle and elementary schools.

Cookie Bazaar

January 23, 2009
Ages: 55yrs. and over
10am to 3pm
1230.201 Fee: Free
Theodore Hagan's Cultural Center
3201 Fort Lincoln Drive, NE

Seniors gather and enjoy an afternoon of refreshments while sharing their favorite cookie recipes.

"Family Fun Nights"

January 23, Feb. 20, and March 20, 2009
7pm to 8:30pm Admission is free
Emery Recreation Center
5801 Georgia Avenue NW

For more information, call (202) 576-3211

Crochet Party

February 4, 2009
Ages: 55yrs. and over
11am to 3pm
1230.202 Fee: Free
Theodore Hagan's Cultural Center
3201 Fort Lincoln Drive, NE

Seniors get together and party while completing their new crochet projects and unfinished work.

Supreme Teens Second Annual Taste of Strawberry

February 11, 2009
Ages 12 to 18yrs.
5pm to 7pm
Banneker Recreation Center
2500 Georgia Avenue NW

Participants will enjoy everything containing strawberry and also will create their own Valentine's Day Cards.
For more information, call (202) 673-6861

Valentines Day Teen Club Sock Hop

February 12, 2009
Ages: 6 to 12yrs.
6pm to 8pm
Hillcrest Recreation
3100 Denver Street, SE

For more information, call (202) 645-9200

Tween Club Valentines Day Party

February 12, 2009
6pm to 8pm
Fort Davis Recreation Center

For more information, call (202) 645-9212

Valentine Party

February 13, 2009
Ages 5 to 12yrs.
4pm to 6pm
Parkview Recreation Center
693 Otis Place NW

Participants will design and make their own cards and enjoy music and refreshments.
For more information, call (202) 576-5750

Valentines Day Teen Club Sock Hop

February 13, 2009
Ages: 13 to 19yrs.
7pm until 12am
Fort Davis Recreation Center

For more information, call (202) 645-9212

Red and White Valentine Cabaret

Friday, February 13, 2009
Ages: 55yrs. and over
7pm to 11pm
1230.203 Ticket Price \$10 250 tickets available
Hillcrest Recreation Center
3100 Denver Street SE

Seniors will enjoy a night of dancing to their favorite tunes; while wearing the Sweetheart colors of Valentines Day.
For more information, call (202) 645-9200

Valentine Dance

February 14, 2009
Age: 9 to 14yrs.
6:30pm to 10pm
Lafayette Recreation Center
5900 33rd Street NW

Participants will take part in the holiday party, with music and refreshments.
For more information, call (202) 282-2206

Black History Quiz Contest

February 16 - 20, 2009
Ages 13 to 19yrs.
6pm to 8pm
Kennedy Recreation Center
1401 7th Street NW

For more information, call (202) 671-4794

Mardi Gras Celebration

February 24, 2009
Ages: 55yrs. and over
10am to 3pm
1202.204 Ticket Price: \$5 400 tickets available
Fort Davis Community Center
1400 41st Street SE

Have a fun time enjoying the taste of the New Orleans Cuisine while listening to the sounds of Creole Music.
For more information, call (202) 645-9212

Black History Program

February 25, 2009
Ages: All
7pm to 9pm
Kelly Miller Recreation
301 49th Street SE

For more information, call (202) 388-6895

African American Jeopardy

February 27, 2009
Ages: 13 to 18yrs.
1pm to 3pm
Bald Eagle Recreation Center
100 Joliet Street SW

For more information, call (202) 645-3960

Bingo Brunch

March 11, 2009
Ages: 55yrs. and over
11am to 3pm
1230.205 Ticket Price: \$5 300 tickets available
Lamond Recreation Center
20 Tuckerman Street NE

Seniors will play Bingo while enjoying their brunch.

Let's Fly a Kite!

March 25, 2009
Ages: 8 to 14yrs.
1pm to 4pm
Ferebee Hope
3999 8th Street SE

For more information, call (202) 645-3916

Teen Club Scavenger Hunt on The National Mall

March 28, 2009
Ages: 13 to 19yrs.
10am to 3pm
National Mall Fee: Free

For more information, call (202) 645-9203

DPR Partners

The Office of Partnerships and Development is designed to promote innovative public and private partnerships that will enhance the quality of life for DC residents and visitors. DPR partners and sponsors play a crucial role in helping to provide financial and pro bono support for our many programs and activities. If you or your organization would like to become a DPR partner or make a donation, please contact the Office of Partnerships Department at 202-671-1462 or dppartnerships@dc.gov.

The DC Department of Parks and Recreation (DPR) would like to recognize and express appreciation to all current and past DPR Partners for their support.

Programmatic Partners

The following organizations are currently official Programmatic Partners with DPR:

- Beacon House
- CABEL Foundation
- Champions for Children
- Children and Youth Investment Trust Corporation
- CityDance Ensemble
- College Bound
- Columbia Heights Youth Club
- Cornell Club of Washington
- DCThreads Sewing Lounge
- DC United/United for DC
- Family and Children Empowerment Services (FACES)
- FAIR Fund
- Girls, Inc.
- Hearts N Parks Program
- KanKouran, Inc.
- National Rehabilitation Hospital
- Perfecting Diamonds in the Rough
- Positive Nature, Inc.
- Sew-N-Know
- Tennis at Shiloh
- Themba
- Washington Area Bicyclist Association (WABA)
- Washington Enrichment and Cultural Arts Network, Inc. (WE CAN)
- Washington Literacy Council
- Woodridge Warriors
- Words, Beats and Life

Park Partners

The following organizations are currently official Park Partners with DPR:

- Friends of 16th Street Heights Parks
- Friends of Guy Mason
- Friends of Macomb
- Friends of Mitchell Park
- Friends of Palisades
- Friends of Rose Park
- Golden Triangle Business Improvement District (Triangle Park and New Hampshire, M and 22 Street, NW)
- North Columbia Heights Civic Association (Triangle Park at 11th and Monroe Streets, NW)

Corporate Partners

The following organizations have provided support to DPR through the Corporate Partners program. If support was provided for a specific program or event, it is listed with the organization.

- AchieveDC (Summer Camps Program)
- American Lung Association of DC (Teen Night Program)
- Amerigroup - DC Swims Free Program
- Capitol City Little League (Forest Hills)
- DC Building Industry Association (Renovation Project at Douglass Community Center)
- DC Children and Youth Investment Trust Corporation
- DC United and United for DC (DPR's Citywide Soccer Tournament)
- First Touch Soccer (Palisades Community Center)
- Friends of Chevy Chase Playground (Donation and Installation of New Playground)
- Golden Triangle Business Improvement District (Golden Triangle Park)
- Home Run Baseball (Friendship Recreation Center)
- PennGood, Inc - Black History Invitational Swim Meet
- Soccer '94 (DPR's Citywide Soccer Tournament)
- Sports on the Hill
- DC Stoddert Soccer
- The Coca-Cola Company (Black History Invitational Swim Meet)
- United Black Fund (Black History Invitational Swim Meet)
- United States Olympic Committee (Tennis Program)
- USDA Forest Service (DPR Summer Green Team)
- Washington Nationals Baseball Club
- Washington Parks and People (Black History Invitational Swim Meet)
- Whole Foods - Black History Invitational Swim Meet

Educational Services

The Office of Educational Services offers year-round programs to stimulate the growth and intellectual development of children ages 2 to 12 by creating an environment where activities are carefully chosen to promote learning. Parental involvement is emphasized through program planning, participation in activities, and policy committee meetings. Registration information may be obtained at any of the locations listed. For more information, please call (202) 671-0372 or to register, please visit the Office of Educational Services at 1480 Girard Street, NW.

Early Care and Educational Services

The Early Care and Education/Head Start program is available year-round for children ages 6-weeks to 5 years-old. This program uses creative curriculum which includes language, literacy, mathematics, science, creative arts, social and emotional approaches to learning and physical health combined with exciting educational recreational field trips. Children receive breakfast, lunch and an afternoon snack. Parental involvement is highly encouraged and special events are planned specifically for parent/child activities. Early childhood services are provided at 17 locations throughout the city and all are licensed by the DC Department of Health and accredited by the National Association for the Education of Young Children. The Office of Educational Services participates in the childcare subsidy programs through the Department of Human Services.

Ages: 2 to 5yrs. Year-round program

Fees vary according to family size and income.

7am to 6pm Mon. through Fri.

Atlantic Gardens Early Care & Education

4228 4th St., SE

(202) 645-3972

Atlantic Terrace Early Care & Education

4309 3rd St., SE

(202) 645-3914

Bald Eagle Early Care & Education

100 Joliet St., SW

(202) 645-3964

Banneker Early Care & Education

800 Euclid St., NW

(202) 673-7609

Barry Farm Early Care & Education

1230 Sumner Rd., SE

(202) 645-3932

Benning Park Early Care & Education

53rd & Fitch Sts., SE

(202) 645-3953

Early Childhood Development Center

3030 G St., SE

(202) 645-3992



Edgewood Terrace Early Care & Education

601 Edgewood St., NE

(202) 576-8199/ 576-3289

Kenilworth-Parkside Early Care & Education

4300 Anacostia Ave., NE

(202) 727-5439

Malcolm X Early Care & Education

1351 Alabama Ave., SE

(202) 645-3986

New York Avenue Early Care & Education

100 N St., NW

(202) 724-4394

Paradise Early Care & Education

3515 Jay St., NE

(202) 727-9173

Payne Early Care & Education

305 15th St., SE

(202) 724-2118

Randall Early Care & Education

820 South Capitol St., SW

(202) 727-5504

Rosedale Early Care & Education

1700 Gales St., NE

(202) 727-5435

Stoddert Terrace Early Care & Education

155 Ridge Rd., SE

(202) 645-0098

Watkins Early Care & Education

1200 E. St., SE

(202) 727-5488

✿ Program for children ages six weeks-five years old

👶 P-K Program for age 4 years old
[Free DC residents]

Out of School Time Programs

A positive alternative to being home alone before and after the school day. This is a year-round program that is usually located in the school attended by the child. We provide a safe, caring environment that engages the child in recreational and educational activities. Homework assistance is offered to children in reading, mathematics and language arts, multicultural experience, recreational activities, field trips and child/parent activities round out the children's experiences. The twenty five (25) programs are located in public school buildings and are all licensed by the Department of Health. An afternoon snack and dinner are provided. The Office of Educational Services participates in the childcare subsidy program through the Department of Human Services.

Ages: 4 to 12yrs. Year-round program
Fees vary according to family size and income.
7am to 8:30am (before care) Mon. through Fri.
3:30pm to 6pm (after care)

Adams Out of School Time
2020 19th St., NW
(202) 673-7025

Amidon Out of School Time
401 Eye St., SW
(202) 727-3958

Bancroft Out of School Time
1755 Newton St., NW
(202) 673-4590

Green Out of School Time
1500 Mississippi Avenue, SE
(202) 645-3470

Hendley Out of School Time
425 Chesapeake St., SE
(202) 645-3926



Joy Evans Out of School Time 🐦
555 L St., SE
(202) 727-6553

Leckie Out of School Time 🐘
4201 M.L. King Avenue, SW
(202) 645-3330

Malcolm X Out of School Time 🐘
1351 Alabama Avenue SE
(202) 645-3986

Oyster Out of School Time
2801 Calvert St., NW
(202) 671-0143

Payne Out of School Time
305 15th St., SE
(202) 673-8091

Riggs LaSalle Out of School Time
501 Riggs Rd., NE
(202) 576-6045

Shaed Out of School Time
301 Douglas St., NE
(202) 576-8643

Sharpe Health Out of School Time 🐦
4300 13th St., NW
(202) 541-3888

Simon Out of School Time
401 Mississippi Ave., SE
(202) 645-3923

🐦 Denotes special needs centers [Ages 4-18]

🐘 Denotes new out of school time sites

Preschool Cooperative Play Program

Young children are introduced to a structured play setting with activities that engage the whole child - mentally, socially, physically, and emotionally - in preparation for entering the formal education system. Emphasis is placed on socialization skills such as learning to take turns; cognitive growth through music, painting, and cutting; and gross motor development by running and jumping. Parents must serve a duty day one day per week, per child to assist with organizing and planning activities. Each site will determine the substitute(s) for duty day(s). All children must be two year, six months by September 30, 2008. All spaces available after June 30, 2008 will be open to children who will be two years of age by September 30, 2008. We reserve the right to cancel classes with enrollment less than 90% of capacity. For more information, call (202) 671-0372

Ages: 2 1/2 to 5yrs. Year-round program
 Fee: DC Residents: \$1,176 Non-Residents: \$1,352.40
 (\$7 daily rate) (\$8.05 daily rate)

Starts: Sept. 8, 2008 - End date: May 29, 2009
 9am to 12pm Mon. through Fri.
 \$30 non-refundable registration fee is
 required. Please register online
 at DPR.DC.GOV.PRESCHOOL

- 7908.014 Brentwood Recreation Center & 🐼
 Preschool/Cooperative Play
 2311 14th St, NE
 (202) 576-6667
- 7908.015 Chevy Chase Community Center &
 Preschool/Cooperative Play
 5601 Connecticut Ave., NW
 (202) 282-2204
- 7908.016 Chevy Chase Playground
 & Preschool/Cooperative Play
 41st & Livingston St., NW
 (202) 282-2200
- 7908.017 Columbia Heights Butterflies Center & 🐼 🐼
 Preschool/Cooperative Play
 1480 Girard St, NW
 (202) 671-0373
 9am to 12pm Mon, Tue & Thu.
- 7908.117 Columbia Heights Caterpillars Center 🍏 🐼
 & Preschool/Cooperative Play
 1480 Girard St, NW
 (202) 671-0373
 9am to 12pm Wed & Fri.
- 7908.027 Emery Recreation Center & 🐼
 Preschool/Cooperative Play
 5701 Georgia Avenue NW
 (202) 576-3211
- 7908.034 Friendship Recreation Center &
 Preschool/Cooperative Play
 4500 Van Ness St., NW
 (202) 282-2198

- 7908.035 Volta Park (Formerly G-town)
 Preschool/Cooperative Play
 1555 34th Street NW
 (202) 282-0382
- 7908.038 Hardy Recreation Center &
 Preschool/Cooperative Play
 4500 Q St., NW
 (202) 282-2190
- 7908.050 Kennedy Recreation Center & 🐼
 Preschool/Cooperative Play
 1401 7th Street, NW
 (202) 671-4794
- 7908.058 Mitchell Park/Cooperative Play
 23rd and S St., NW
 (202) 673-6871
- 7908.065 Palisades Tadpoles
 Preschool/Cooperative Play 🍏
 5200 Sherrier Pl., NW
 (202) 282-2186
 9am to 12pm Wed. & Fri.
- 7908.165 Palisades Frogs
 Preschool/Cooperative Play 🐸
 5200 Sherrier Pl., NW
 (202) 282-2186
 9am to 12pm Mon. Tue. & Thu.
- 7908.067 Parkview Preschool/Cooperative Play 🐼
 693 Otis Place, NW
 (202) 576-5786
- 7908.081 Sherwood Recreation Center & 🐼
 Preschool/Cooperative Play
 640 10th St, NE
 (202) 698-3075
- 7908.085 Stoddert Recreation Center
 Preschool/Cooperative Play
 4001 Calvert St., NW
 (202) 498-3057
 9am to 12pm Mon. through Fri.
- 7908.088 Takoma Recreation Center &
 Preschool/Cooperative Play
 300 Van Buren St, NW
 (202) 576-7114

🍏 Programs for children ages
 18 months - 23 months
 Alternative Learning and Special Events
 Palisades Tadpoles and Columbia Heights
 Caterpillars

🐸 Programs for children ages
 24 months - 30 months
 Palisades Frogs and Columbia Heights
 Butterflies

🐼 Denotes new preschool/cooperative
 play sites

After School Access

At DPR Recreation and Community Centers across the District, the After School Access program offers children a safe, supportive and well structured environment. Monday through Friday between 3:30pm and 6pm. Activities provide quality educational, recreational, and cultural experiences that promote physical, intellectual, and emotional development. After School Access youth receive homework help, participate in fitness activities, and explore arts & culture opportunities. The After School Access curriculum is designed to complement what children learn in school and strengthen their sense of belonging in the communities in which they live. Fee: Free

Ages: 6 to 18yrs. Year-around program
Starts: Aug. 28, 2008 Ends: Jun. 12, 2009
Mon. through Fri. between 3:30pm and 6pm

0010.004	Arboretum Recreation Center 3:45pm to 4:30pm	0010.037	Hamilton Recreation Center 3:30pm to 5pm
0019.007	Bald Eagle Recreation Center 3:30pm to 4:45pm	0010.039	Harrison Recreation Center 3:30pm to 4:30pm
0010.009	Banneker Recreation Center 3:30pm to 4:45pm	0010.040	Harry Thomas Recreation Center 3:30pm to 5pm
0010.012	Benning Park Community Center 3:30pm to 5:30pm	0010.047	Kelly Miller Recreation Center 3:30pm to 6pm
0010.013	Benning Stoddert Recreation Center 4pm to 5:30pm	0010.048	Kalorama Recreation Center 3:30pm to 4:30pm
0010.014	Brentwood Recreation Center 3:30pm to 5:30pm	0010.049	Kenilworth Parkside Recreation Center 3:30pm to 6pm
0010.017	Columbia Heights Community Center 3:30pm to 6pm	0010.051	King Greenleaf Recreation Center 3:30pm to 5pm
0019.018	Congress Heights Recreation Center 3:30pm to 6:30pm	0010.052	Lafayette Recreation Center 3:30pm to 5pm
0010.025	Edgewood Recreation Center 3:30pm to 6pm	0010.053	Lamond Recreation Center 3:30pm to 6pm
0010.027	Emery Recreation Center 3:30pm to 5pm	0010.054	Langdon Recreation Center 3:30pm to 5:30pm
0019.028	Ferebee Hope Recreation Center 3:30pm to 4:45pm	0010.061	Marie Reed Recreation Center 3:30pm to 5pm
0010.029	Fort Davis Community Center 3:30pm to 4:45pm	0010.064	North Michigan Park Recreation Center 3:45pm to 4:30pm
0010.031	Fort Lincoln Recreation Center 3:30pm to 6pm	0010.067	Parkview Recreation Center 3:30pm to 6pm
0019.032	Fort Stanton Recreation Center 3:30pm to 5pm	0010.068	Payne Recreation Center 3:30pm to 4:30pm
0010.033	Fort Stevens Recreation Center 3:30pm to 5pm	0010.069	Petworth Recreation Center 3:30pm to 6pm
		0010.072	Raymond Recreation Center 3:30pm to 5pm
		0010.073	Ridge Road Recreation Center 3:30pm to 6pm
		0010.074	Riggs LaSalle Recreation Center 3:30pm to 5pm
		0010.076	Rosedale Recreation Center 3:30pm to 4:30pm
		0010.084	Stead Recreation Center 3:30pm to 6pm
		0010.088	Takoma Recreation Center 3:30pm to 4:30pm
		0010.091	Trinidad Recreation Center 3:30pm to 5pm
		0010.092	Turkey Thicket Recreation 3:30pm to 6:30pm
		0010.097	Watkins Recreation Center 3:30pm to 6pm
		0010.098	Watts Branch Recreation Center 3:30pm to 6pm

Aquatics

Takoma Aquatic Center

300 Van Buren Street, NW
Washington DC 20012
202-576-9284

Hours of Operation :

Mon. through Fri. 6am to 9pm

Sat. & Sun. 9am to 5pm

Water Aerobics- Senior Shallow Water

This class promotes muscle strength, endurance, and tones large muscle groups.

Ages: 55yrs. and over

Fee: DC Resident \$25 Non-Resident \$50

Session 1

Starts: Jan. 6, 2009
4508.188

Registration: Nov. 3, 2008

Ends: Feb. 26, 2009
10am to 10:50am Tues. & Thurs.

Water Aerobics Deep Water

Learn the ability to run and walk with a flotation device in deep water. This class promotes muscle Strength, endurance, and tone in deep water.

Age: 18yrs. and over

Fee: DC Resident \$25 Non-Resident \$50

Session 1

Starts: Jan. 6, 2009
4518.188

Registration: Nov. 3, 2008

Ends: Feb. 26, 2009
11am to 11:50am Tues. & Thurs.

Learn to Swim for Adults: Level 1

Help students to feel Comfortable in the water while developing basic Swimming and water safety skills.

Age: 18 and over

Fee: DC Resident Free Non-Resident 40

Session 1

Starts: Jan. 6, 2009
4418.188

Registration: Nov. 3, 2008

Ends: Jan. 29, 2009
7pm to 7:30pm Tues. & Thurs.

Session 2

Starts: Feb. 10, 2009
4418.288

Registration: Feb. 2, 2009

Ends: Mar. 5, 2009
7pm to 7:30pm Tues. & Thurs.

Learn to Swim for Adult: Level 2

This class builds on the skills in level 1 through additional guided practice. Prerequisite: Exit skills for level 1

Age: 18yrs and over

DC Resident Free Non-Resident \$ 40

Session 1

Starts: Jan. 6, 2009
4428.188

Registration: Nov. 3, 2008

Ends: Jan. 29, 2009
7:30pm to 8pm Tues. & Thurs.

Session 2

Starts: Feb. 10, 2009
4428.288

Registration: Feb. 2, 2009

Ends: Mar. 5, 2009
7:30pm to 8pm Tues. & Thurs.



Learn to Swim for Adult: Level 3

Enhance the swimming skills and builds on the covered in Level 2 through guided practice. Prerequisite: Exit skills for level 2

Age: 18yrs and over

Fee: DC Resident \$30 Non-Resident \$40

Session 1

Starts: Jan. 6, 2009
4438.188

Registration: Nov. 3, 2008

Ends: Jan. 29, 2009
8pm to 8:45pm Tues. & Thurs.

Session 2

Starts: Feb. 10, 2009
4438.288

Registration: Feb. 2, 2009

Ends: Mar. 5, 2009
8pm to 8:45pm Tues. & Thurs.

Learn to Swim for Children: Level 1

Help students to feel Comfortable in the water while developing basic Swimming and water safety skills.

Age: 5 to 11yrs.

Fee: DC Resident Free Non-Resident: \$40

Session 1
Starts: Jan. 5, 2009
4168.188
Registration: Jan. 2, 2009
Ends: Feb. 2, 2009
4:30pm to 5pm Mon. & Wed.

Session 2
Starts: Feb. 9, 2009
4168.288
Registration: Feb. 2, 2009
Ends: Mar. 11, 2009
4:30 to 5pm Mon. & Wed.

Learn to Swim for Children: Level 2

This class builds on the skills in level 1 through additional guided practice. Prerequisite: Exit skills for level 1

Age: 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4178.188
Registration: Jan. 2, 2009
Ends: Feb. 2, 2009
5pm to 5:30pm Mon. & Wed.

Session 2
Starts: Feb. 9, 2009
4178.288
Registration: Feb. 2, 2009
Ends: Mar. 11, 2009
5pm to 5:30pm Mon. & Wed.

Learn to Swim for Children: Level 3

Enhance the swimming skills and builds on the covered in Level 2 through guided practice. Prerequisite: Exit skills for level 2

Age: 5 to 11yrs.

Fee: DC Resident \$30 Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4238.188
Registration: Jan. 2, 2009
Ends: Feb. 2, 2009
5:30pm to 6:15pm Mon. & Wed.

Session 2
Starts: Feb. 9, 2009
4238.288
Registration: Feb. 2, 2009
Ends: Mar. 11, 2009
5:30pm to 6:15pm Mon. & Wed.

Learn to Swim for Children: Level 4

Build on the skills learned in our Level 3 class through additional guided Practice and instruction. Prerequisite: Exit Skill from Level 3

Age: 5 to 11yrs.

Fee: DC Resident \$30 Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4248.188
Registration: Jan. 2, 2009
Ends: Feb. 2, 2009
5:30pm to 6:15pm Mon. & Wed.

Session 2
Starts: Feb. 9, 2009
4248.288

Registration: Feb. 2, 2009
Ends: Mar. 11, 2009
5:30pm to 6:15pm Mon. & Wed.

Learn to Swim: Parent & Child (A)

Build swimming readiness for young children by emphasizing fun in the water. Parents and their children will participate in guided practice sessions that help children learn basic skill: bubble blowing, front kicking, back floating, underwater exploration and more

Age: 6 months to 1yr. and 11 months

Fee: DC Resident \$30 Non-Resident \$40

Session 1
Starts: Jan. 7, 2009
4968.188
Registration: Jan. 2, 2009
Ends: Jan. 30, 2009
10am to 10:30am Wed. & Fri.

Session 2
Starts: Jan. 10, 2009
4978.188
Registration: Jan. 2, 2009
Ends: Mar. 21, 2009
10am to 10:30am Sat.

Session 3
Starts: Feb. 4, 2009
4918.388
Registration: Feb. 2, 2009
Ends: Mar. 11, 2009
10am to 10:30am Wed. & Fri.

Learn to Swim: Parent & Child (B)

Build swimming readiness for young children by emphasizing fun in the water. Parents and their children will participate in guided practice sessions that help children learn basic skill: bubble blowing, front kicking, back floating, underwater exploration and more

Age: 6 months to 1yr. and 11 months

Fee: DC Resident: \$30 Non-Resident: \$40

Session 1
Starts: Jan. 7, 2009
4988.188
Registration: Nov. 3, 2008
Ends: Jan. 30, 2009
10:30am to 11am Wed. & Fri.

Session 2
Starts: Jan. 10, 2009
4988.188
Registration: Dec. 26, 2008
Ends: Mar. 21, 2009
10:30am to 11am Sat.

Session 3
Starts: Feb. 4, 2009
4928.388
Registration: Feb. 2, 2009
Ends: Mar. 11, 2009
10:30am to 11am Wed. & Fri.



Turkey Thicket Aquatic Facility

1100 Michigan Ave NE
Washington DC 20017
(202) 576-9235/36

Hours of operation:

Mon. through Fri. 6:30 am to 8pm
Learn to Swim Sat. 9am to 12pm
General Public Swim 12pm to 5pm
Sunday Closed

Water Aerobics – Senior Shallow Water

This class promotes muscle strength, endurance, and tones large muscle groups. This is a high-energy aerobics class for active adults.

Ages: 55 and over

Fees: DC Resident \$25 Non-Resident \$50

Session 1
Starts: Jan. 5, 2009
4788.892
Registration: Nov. 3, 2008
Ends: Feb. 11, 2009
9am to 10am Mon. Wed. & Fri.

Session 2
Starts: Feb. 23, 2009
4798.892
Registration: Feb. 16, 2009
Ends: Mar. 30, 2009
9am to 10am Mon. Wed. & Fri.

Learn to Swim for Senior: Level 1

Helps students feel comfortable in the water while developing basic swimming and water safety skills.

Ages: 55yrs. and over

Fees: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 6, 2009
4438.892
Registration: Nov. 3, 2008
Ends: Jan. 29, 2009
10:30am to 11am Tues. & Thurs.

Session 2
Starts: Feb. 3, 2009
4448.892
Registration: Jan. 26, 2009
Ends: Feb. 26, 2009
10:30am to 11am Tues. & Thurs.

Session 3
Starts: Mar. 3, 2009
4558.892
Registration: Feb. 23, 2009
Ends: Mar. 26, 2009
10:30am to 11am Tues. & Thurs.

Learn to Swim for Senior: Level 2

Build on the skills learned in our Level 1 class through additional guided practice and instruction.

Ages: 55 and over

Fees: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 6, 2009
4468.892
Registration: Nov. 3, 2008
Ends: Jan. 29, 2009
11:15am to 11:45am Tues. & Thurs.

Session 2
Starts: Feb. 3, 2009
4478.892

Registration: Jan. 26, 2009
Ends: Feb. 26, 2009
11:15am to 11:45am Tues. & Thurs.

Session 3
Starts: Mar. 3, 2009
4488.892

Registration: Feb. 23, 2009
Ends: Mar. 26, 2009
11:15 am to 11:45am Tues. & Thurs.

Learn to Swim for Adults: Level 1

Helps students feel comfortable in the water while developing basic swimming and water safety skills.

Ages: 18 and over

Fees: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 6, 2009
4428.792
Registration: Nov. 3, 2008
Ends: Jan. 29, 2009
6pm to 6:30pm Tues. & Thurs.

Session 2
Starts: Feb. 3, 2009
4438.792
Registration: Jan. 26, 2009
Ends: Feb. 26, 2009
6pm to 6:30pm Tues. & Thurs.

Session 3
Starts: Mar. 3, 2009
4498.792
Registration: Feb. 23, 2009
Ends: Mar. 26, 2009
6pm to 6:30pm Tues. & Thurs.



Learn to Swim for Adults: Level 2

Build on the skills learned in our Level 1 class through additional guided practice and instruction.

Ages: 18 and over

Fees: DC Resident: Free Non-Resident \$40

Session 1
Starts: Jan. 6, 2009
4388.792
Registration: Nov. 3, 2008
Ends: Jan. 29, 2009
6:45pm to 7:15pm Tues. & Thurs.

Session 2
Starts: Feb. 3, 2009
4398.792
Registration: Jan. 26, 2009
Ends: Feb. 26, 2009
6:45pm to 7:15pm Tues. & Thurs.

Session 3
Starts: Mar. 3, 2009
4378.792
Registration: Feb. 23, 2009
Ends: Mar. 26, 2009
6:45pm to 7:15pm Tues. & Thurs.

Learn to Swim for Youth: Level 1

Helps students feel comfortable in the water and enjoy the water safely.

Ages: 12 to 17yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Jan. 3, 2009	Ends: Feb. 21, 2009
4558.492	9:30am to 10am Sat.

Session 2	Registration: Feb. 23, 2009
Starts: Mar. 7, 2009	Ends: April 25, 2009
4568.492	9:30am to 10am Sat.

Learn to Swim for Youth: Level 2

Students will builds on the skills in Level 1 through additional guided practice. Prerequisite: Exit Skill from Level 1

Ages: 12 to 17yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Jan. 3, 2009	Ends: Feb. 21, 2009
4578.492	10:15am to 10:45am Sat.

Session 2	Registration: Feb. 23, 2009
Starts: Mar. 7, 2009	Ends: April 25, 2009
4468.492	10:15am to 10:45am Sat.

Learn to Swim for Children: Level 1

Our learn to swim class helps students feel comfortable in the water while Developing basic swimming and water safety skills. Prerequisite: None

Ages: 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Jan. 3, 2009	Ends: Feb. 21, 2009
4518.292	9:30am to 10am Sat.

Session 2	Registration: Feb. 23, 2009
Starts: Mar. 7, 2009	Ends: April 25, 2009
4528.292	9:30 am to 10 am Sat.



Learn to Swim for Children: Level 2

Build on the skills learned in our Level 1 class through additional guided practice and instruction. Prerequisite: Exit Skill from Level 1

Ages: 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Jan. 3, 2009	Ends: Feb. 21, 2009
4538.292	10:15 am to 10:45 am Sat.

Session 2	Registration: Feb. 23, 2009
Starts: Mar. 7, 2009	Ends: April 25, 2009
4548.292	10:15 am to 10:45 am Sat.



Learn to Swim: Parent & Child A

Build swimming readiness for young children by emphasizing fun in the water. Parents and their children will participate in guided practice sessions that help children learn basic skills: bubble blowing, front kicking, back floating, under water exploration and more.

Ages: 6 mouths. to 1yr. & 11mouths.

Fee: DC Resident: \$30 Non-Resident: \$40

Session 1	Registration: Nov. 3, 2008
Starts: Jan. 3, 2009	Ends: Feb. 21, 2009
4588.192	9:30 am to 10 am Sat.

Session 2	Registration: Feb. 23, 2009
Starts: Mar. 7, 2009	Ends: April 25, 2009
4598.192	9:30am to 10am Sat.

Learn to Swim: Parent & Child B

Ages: 2 to 4yrs. & 11mths.

Fee: DC Resident \$30 Non-Resident:\$40

Session 1	Registration: Nov. 3, 2008
Starts: Jan. 3, 2009	Ends: Feb. 21, 2009
4518.192	10:15am to 10:45am Sat.

Session 2	Registration: Feb. 23, 2009
Starts: Mar. 7, 2009	Ends: April 25, 2009
4518.192	10:15am to 10:45am Sat.

Ferebee Hope

3999 Eighth Street SE
Washington DC 20032
(202) 645-3916

Monday through Friday
Public Swim: 3pm to 8pm
Saturday & Sunday Closed

Water Aerobics: Shallow Water

This classroom promotes muscle strength, endurance and tones large muscles groups. This is a high-energy aerobics class for active adults.

Ages: 18yrs. and over
Fee: DC Resident \$25 Non-Resident \$50

Session 1
Starts: Dec. 9, 2008
4548.128
Registration: Nov. 3, 2008
Ends: Feb. 5, 2009
6:45pm to 7:45pm Tues. & Thurs.

Session 2
Starts: Feb. 17, 2009
4548.228
Registration: Feb. 9, 2009
Ends: April 9, 2009
6:45 to 7:45pm Tues. & Thurs.

Adult Learn to Swim: Level 1

Introduction to water skills- Helps students increase their comfort in the water. Prerequisite: None

Ages: 18yrs. and over
Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4318.128
Registration: Nov. 3, 2008
Ends: Jan. 21, 2009
6:15pm to 7pm Mon. Wed. & Fri.

Session 2
Starts: Feb. 2, 2009
4318.228
Registration: Jan. 26, 2009
Ends: Feb. 18, 2009
6:15pm to 7pm Mon. Wed. & Fri.

Session 3
Starts: Mar. 2, 2009
4318.328
Registration: Feb. 23, 2009
Ends: Mar. 18, 2009
6:15pm to 7pm Mon. Wed. & Fri.

Adult Learn to Swim: Level 2

Fundamentally, Aquatic Skills-Gives student success with fundamental skills. Prerequisite: None

Ages: 18yrs. and over
Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4328.128
Registration: Nov. 3, 2008
Ends: Jan. 21, 2009
6:15pm to 7pm Mon. Wed. & Fri.

Session 2
Starts: Feb. 2, 2009
4328.228

Registration: Jan. 26, 2009
Ends: Feb. 18, 2009
6:15pm to 7:15pm Mon. Wed. & Fri.

Session 3
Starts: Mar. 2, 2009
4328.328

Registration: Feb. 23, 2009
Ends: Mar. 18, 2009
6:15pm to 7pm Mon. Wed. & Fri.

Youth Learn to Swim: Level 1

Introduce to water skills- Helps students increase their comfort in the water.

Age 12 to 17yrs.
Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4218.128
Registration: Nov. 3, 2008
Ends: Jan. 21, 2009
5:15pm to 6pm Mon. Wed. & Fri.

Session 2
Starts: Feb. 2, 2009
4218.228
Registration: Jan. 26, 2009
Ends: Feb. 18, 2009
5:15pm to 6pm Mon. Wed. & Fri.

Session 3
Starts: Mar. 2, 2009
4218.328
Registration: Feb. 23, 2009
Ends: Mar. 18, 2009
5:15pm to 6pm Mon. Wed. & Fri.



Youth Learn to Swim: Level 2

Fundamental Aquatic Skills- Gives students success with fundamental skills. Prerequisite: None

Ages: 12 to 17yrs.
Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4228.128
Registration: Nov. 3, 2008
Ends: Jan. 21, 2009
5:15pm to 6pm Mon. Wed. & Fri.

Session 2
Starts: Feb. 2, 2009
4228.228
Registration: Jan. 26, 2009
Ends: Feb. 18, 2009
5:15pm to 6pm Mon. Wed. & Fri.

Session 3
Starts: Mar. 2, 2009
4228.328
Registration: Feb. 23, 2009
Ends: Mar. 18, 2009
5:15pm to 6pm Mon. Wed. & Fri.

Children Learn To Swim: Level 1

Introduction to water skills-Helps students increase their comfort in the water. Prerequisite: None

Age: 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 5, 2009
4118.128
Registration: Nov. 3, 2008
Ends: Jan. 21, 2009
3:45pm to 4:30pm Mon. Wed. & Fri.

Session 2
Starts: Feb. 2, 2009
4118.228
Registration: Jan. 26, 2009
Ends: Feb. 18, 2009
3:45pm to 4:30pm Mon. Wed. & Fri.

Session 3
Starts: Mar. 2, 2009
4118.328
Registration: Feb. 23, 2009
Ends: Mar. 18, 2009
3:45pm to 4:30pm Mon. Wed. & Fri.

Children Learn To Swim: Level 2

Fundamental Aquatic skills- give students success with fundamental skills.

Age 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$26

Session 1
Starts: Jan. 5, 2009
4128.128
Registration: Nov. 3, 2008
Ends: Jan. 21, 2009
4:30pm to 5:15pm Mon. Wed. & Fri.

Session 2
Starts: Feb. 2, 2009
4128.228
Registration: Jan. 26, 2009
Ends: Jan. 18, 2009
4:30pm to 5:15pm Mon. Wed. & Fri.

Session 3
Starts: Mar. 2, 2009
4128.328
Registration: Feb. 23, 2009
Ends: Mar. 18, 2009
4:30pm to 5:15pm Mon. Wed. & Fri.



Marie H. Reed

2200 Champlain Street, NW
Washington DC
(202) 673-7771

Hours of Operation:

3pm to 8pm Mon.

6am to 9am & 3pm to 9pm Tues. & Thurs.

3pm to 9pm Wed. & Fri.

CLOSED Sat. & Sun.

Adult Learn to Swim: Level 1

Learn elementary aquatic skills buoyancy and breath control which students will build on as they progress thru to the next level.

Ages: 18yrs. and over

Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Dec. 23, 2008
4408.761
Registration: Nov. 3, 2008
Ends: Jan. 15, 2009
6pm to 6:30pm Tues. & Thurs.

Session 2
Starts: Jan. 27, 2009
4418.761
Registration: Jan. 20, 2009
Ends: Feb. 19, 2009
6pm to 6:30pm Tues. & Thurs.

Session 3
Starts: Mar. 3, 2009
4428.761
Registration: Feb. 23, 2009
Ends: Mar. 26, 2009
6pm to 6:30pm Tues. & Thurs.

Adult Learn to Swim: Level 2

Learn to float without support, explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

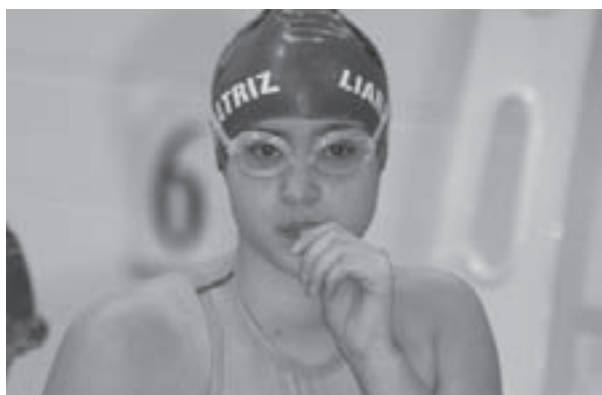
Ages: 18yrs. and over

Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Dec. 23, 2008
4308.761
Registration: Nov. 3, 2008
Ends: Jan. 15, 2009
6:45pm to 7:15pm Tues. & Thurs.

Session 2
Starts: Jan. 27, 2009
4318.761
Registration: Jan. 20, 2009
Ends: Feb. 19, 2009
6:45pm to 7:15pm Tues. & Thurs.

Session 3
Starts: Jan. 27, 2009
4328.761
Registration: Jan. 20, 2009
Ends: Feb. 19, 2009
6:45pm to 7:15pm Tues. & Thurs.



Children Learn To Swim: Level 1

Learn elementary aquatic skills buoyancy and breath control which students will build on as they progress thru to the next level.

Age: 5 to 11yrs.

Fee: DC Resident: free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 22, 2009	Ends: Jan. 14, 2009
4408.061	5pm to 5:30pm Mon. & Wed.

Session 2	Registration: Jan. 19, 2009
Starts: Jan. 26, 2009	Ends: Feb. 18, 2009
4418.161	5pm to 5:30pm Mon. & Wed.

Session 3	Registration: Feb. 23, 2009
Starts: Mar. 2, 2009	Ends: Mar. 25, 2009
4428.261	5pm to 5:30pm Mon. & Wed.

Children Learn To Swim: Level 2

Learn to float without support, explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes

Age 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 22, 2009	Ends: Jan. 14, 2009
4438.361	5:45pm to 6:15pm Mon. & Wed.

Session 2	Registration: Jan. 19, 2009
Starts: Jan. 26, 2009	Ends: Feb. 18, 2009
4448.461	5:45pm to 6:15pm Mon. & Wed.

Session 3	Registration: Feb. 23, 2009
Starts: Mar. 2, 2009	Ends: Mar. 25, 2009
4458.461	5:45pm to 6:15pm Mon. & Wed.



Youth Learn to Swim: Level 1

Learn elementary aquatic skills buoyancy and breath control which students will build on as they progress through to the next level.

Age 12 to 17yrs.

Fee: DC Resident Free Non Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 24, 2008	Ends: Jan. 16, 2009
4408.461	5pm to 5:30pm Wed. & Fri.

Session 2	Registration: Jan. 20, 2009
Starts: Jan. 28, 2009	Ends: Feb. 20, 2009
4418.461	5pm to 5:30pm Wed. & Fri.

Session 3	Registration: Feb. 23, 2009
Starts: Mar. 4, 2009	Ends: Mar. 27, 2009
4428.461	5pm to 5:30pm Wed. & Fri.

Youth Learn to Swim: Level 2

Learn to float without support explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes

Ages: 12 to 17yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 24, 2008	Ends: Jan. 16, 2009
4438.561	5pm to 5:30pm Wed. & Fri.

Session 2	Registration: Jan. 20, 2009
Starts: Jan. 28, 2009	Ends: Feb. 20, 2009
4448.561	5pm to 5:30pm Wed. & Fri.

Session 3	Registration: Feb. 23, 2009
Starts: Mar. 4, 2009	Ends: Mar. 27, 2009
4458.561	5pm to 5:30pm Wed. & Fri.

William H. Rumsey Aquatic Center

635 North Carolina Ave., SE
Washington DC 20003
(202) 724-4495

Hours Of Operation:

6:30 am to 9pm Mon. through Fri.
Learn to swim 9am to 12pm
12pm to 5pm Sat.
10am to 5pm Sun.



Water Aerobics: Shallow Water

This classroom promotes muscle strength, endurance and tones large muscles groups. This is a high-energy aerobics class for active adults.

Ages: 18yrs. and over

Fee: DC Resident \$25 Non-Resident \$50

Session 1
Starts: Jan. 5, 2009
4548.199
Registration: Dec. 29, 2008
Ends: Feb. 9, 2009
9am to 10am Mon. Wed. & Fri.

Session 2
Starts: Jan. 13, 2009
4548.299
Registration: Jan. 5, 2009
Ends: Mar. 5, 2009
6:30pm to 7:30pm Tues. & Thurs.

Session 3
Starts: Feb. 18, 2009
4548.399
Registration: Feb. 11, 2009
Ends: Mar. 25, 2009
9am to 10am Mon. Wed. & Fri.

Water Aerobics: Deep Water

Learn the ability to run and walk with a flotation device in deep water. This class promotes muscle strength, endurance and tones large muscle groups. You must know how to swim and be comfortable in a deep-water environment.

Ages: 18yrs. and over

Fee: DC Resident \$25 Non-Resident \$50

Session 1
Starts: Jan. 10, 2009
4548.499
Registration: Jan. 5, 2009
Ends: April 25, 2009
8am to 9am Sat.

Seniors Learn to Swim: Level 1&2

Introduction to water skills- Helps students increase their comfort in the water. Prerequisite: None

Ages: 55yrs. and over

Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 6, 2009
4418.199
Registration: Nov. 3 2008
Ends: Jan. 29, 2009
10am to 10:30am Tues. & Thurs.

Session 2
Starts: Feb. 10, 2009
4418.299
Registration: Feb. 2, 2009
Ends: Mar. 5, 2009
10am to 10:30am Tues. & Thurs.

Seniors Learn to Swim: Level 3&4

Stroke Development- Builds on skills learned in Level 2 through additional guided practice.

Ages: 55yrs. and over

Fee: DC Resident \$30 Non-Resident \$40

Session 1
Starts: Jan. 6, 2009
4428.199
Registration: Nov. 3 2008
Ends: Jan. 29, 2009
10am to 10:30am Tues. & Thurs.

Session 2
Starts: Feb. 10, 2009
4428.299
Registration: Feb. 2, 2009
Ends: Mar. 5, 2009
10am to 10:30am Tues. & Thurs.

Adult Learn to Swim: Level 1

Introduction to water skills- Helps students increase their comfort in the water. Prerequisite: None

Ages: 18yrs. and over

Fee: DC Resident Free Non-Resident \$40

Session 1
Starts: Jan. 19, 2008
4248.199
Registration: Nov. 3, 2008
Ends: Feb. 11, 2009
7pm to 7:30pm Mon. & Wed.

Session 2
Starts: Feb. 23, 2008
4318.299
Registration: Feb. 16, 2009
Ends: Mar. 18, 2009
7pm to 7:30pm Mon. & Wed.





Youth Learn to Swim: Level 2

Fundamental Aquatic Skills- Gives student's success with fundamental skills. Prerequisite: None

Ages 12 to 17yrs.

Fee: DC Resident: Free Non-Resident: \$40

Session 1

Starts: Dec. 6, 2008
4228.199

Registration: Nov. 3, 2008

Ends: Jan. 24, 2009
10:30am to 11am Sat.

Session 2

Starts: Feb. 7, 2009
4228.299

Registration: Feb. 2, 2009

Ends: Mar. 28, 2009
10:30am to 11am Sat.

Adult Learn to Swim: Level 2

Fundamental Aquatic Skills- Gives student's success with fundamental skills. Prerequisite: None

Ages: 18yrs. and over

Fee: DC Resident Free Non-Resident \$40

Session 1

Starts: Jan. 19, 2008
4328.199

Registration: Nov. 3, 2008

Ends: Feb. 11, 2009
7:30pm to 8pm Mon. & Wed.

Session 2

Starts: Feb. 23, 2008
4328.299

Registration: Feb. 16, 2009

Ends: Mar. 18, 2009
7:30pm to 8pm Mon. & Wed

Adults Learn to Swim: Level 3

Stroke Development- Builds on skills learned in Level 2 through additional guided practice. Prerequisite: None

Ages: 18yrs. and over

Fee: DC Resident \$30 Non-Resident: \$40

Session 1

Starts: Jan. 19, 2008
4338.199

Registration: Nov. 3, 2008

Ends: Feb. 11, 2009
8pm to 8:45pm Mon. & Wed.

Session 2

Starts: Feb. 23, 2009
4338.299

Registration: Feb. 16, 2009

Ends: Mar. 18, 2009
8pm to 8:45pm Mon. & Wed.

Youth Learn to Swim: Level 1

Introduce to water skills- Helps students increase their comfort in the water.

Age 12 to 17yrs.

Fee DC Resident Free Non Resident \$40

Session 1

Starts: Dec. 6, 2008
4218.199

Registration: Nov. 3, 2008

Ends: Jan. 24, 2009
10am to 10:30am Sat.

Session 2

Starts: Feb. 7, 2009
4218.299

Registration: Feb. 2, 2009

Ends: Mar. 28, 2009
10am to 10:30am Sat.

Youth Learn to Swim: Level 4

Stroke Improvement- Develops confidence in the skills learned in previous levels and improves technique for strokes. Prerequisite: None

Ages: 12 to 17yrs.

Fee: DC Resident \$30 Non-Resident \$40

Session 1

Starts: Dec. 6, 2008
4248.199

Registration: Nov. 3, 2008

Ends: Jan. 24, 2009
11:45am to 12:30am Sat.

Session 2

Starts: Feb. 7, 2009
4248.299

Registration: Feb. 2, 2009

Ends: Mar. 28, 2009
11:45am to 12:30am Sat.



Children Learn To Swim: Level 1

Introduction to water skills-Helps students, increase their comfort in the water. Prerequisite: None

Age: 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 6, 2008	Ends: Jan. 24, 2009
4118.199	10am to 10:30am Sat.

Session 2	Registration: Feb. 2, 2009
Starts: Feb. 7, 2009	Ends: Mar. 28, 2009
4118.299	10am to 10:30am Sat.

Children Learn To Swim: Level 2

Fundamental Aquatic skills-gives students success with fundamental skills.

Age 5 to 11yrs.

Fee: DC Resident Free Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 6, 2008	Ends: Jan. 24, 2009
4128.199	10:30am to 11am Sat.

Session 2	Registration: Feb. 2, 2009
Starts: Feb. 7, 2009	Ends: Mar. 28, 2009
4128.299	10:30am to 11am Sat.



Children Learn To Swim: Level 3

Stroke Development- builds on skills learned in level 2 through additional guided practice.

Age: 5 to 11yrs.

Fee: DC Resident \$30 Non Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 6, 2008	Ends: Jan. 24, 2009
4138.199	11am to 11:45am Sat.

Session 2	Registration: Feb. 2, 2009
Starts: Feb. 7, 2009	Ends: Mar. 28, 2009
4138.299	11am to 11:45am Sat

Children Learn To Swim: Level 4

Strokes improvement- Develops confidence in the skills learned in previous levels and improves technique for strokes

Age 5 to 11yrs.

Fee: DC Resident \$30 Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 6, 2008	Ends: Jan. 24, 2009
4148.199	11:45am to 12:30am Sat.

Session 2	Registration: Feb. 2, 2009
Starts: Feb. 7, 2009	Ends: Mar. 28, 2009
4148.299	11:45am to 12:30am Sat.

Parent and Child A

Builds swimming readiness, for young children by emphasizing fun in the water. Parents and their children will participate in guided practice sessions that help children learn basic skills: bubble blowing, front kicking; back floating, under water exploration and more.

Ages: 6 months to 1 year

Fee: DC Resident \$30 Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 6, 2008	Ends: Jan. 24, 2009
4918.199	9:30am to 10am Sat.

Session 2	Registration: Feb. 2, 2009
Starts: Feb. 7, 2009	Ends: Mar. 28, 2009
4918.299	9:30am to 10am Sat.

Parent and Child B

Builds swimming readiness for young children by emphasizing fun in the water. Parents and their children will participate in guided practice sessions that help children learn basic skills: bubble blowing, front kicking; back floating, under water exploration, and more.

Ages: 2 to 4yrs.

Fee: DC Resident \$30 Non-Resident \$40

Session 1	Registration: Nov. 3, 2008
Starts: Dec. 6, 2008	Ends: Jan. 24, 2009
4128.199	10am to 10:30am Sat

Session 2	Registration: Feb. 2, 2009
Starts: Feb. 7, 2009	Ends: Mar. 28, 2009
4928.299	10am to 10:30am Sat.

Fitness & Exercise

Aerobics

A total body workout with a variety of choreographed exercises that will challenge every fitness level to help improve your posture, strengthen your heart and muscles, burn calories, and get you going! Fee: Free

Ages: 18yrs. and over

Starts: Dec. 21, 2008

Ends: Mar. 15, 2009

- 3008.704 Arboretum Recreation Center
6:30pm to 8pm Tues. & Thurs.
- 3008.749 Kenilworth-Parkside Recreation
6pm to 8:30pm Mon. Tues. & Thurs.
- 3008.792 Turkey Thicket Recreation Center
6pm to 7pm Mon. & Thurs.
- 3008.709 Banneker Recreation Center
7:30 to 8:30 Mon. & Wed.

Aerobics

Ages: 18yrs. and over

Starts: Jan. 12, 2008

Ends: Mar. 5, 2009

Fee: DC Resident \$80

Non-Resident \$85

- 3008.738 Hardy Recreation Center
7pm to 8pm Tues. & Thurs.
- 3008.774 Riggs LaSalle Community Center
7pm to 8pm Tues. & Thurs.
- 3008.781 Sherwood Recreation Center
7pm to 8pm Tues. & Thurs.
- 3008.788 Takoma Community Center
6:30pm to 7:30pm Mon. & Wed.

Belly Dancing

A dance form which exercises every muscle in the body, and serves as a way to celebrate femininity as it helps women gain confidence in their bodies. This class is for beginners as well as the advanced dancer. It's a fun way to lose weight and tone the body. Participants should wear comfortable clothing.

Ages: 18yrs. and over

Starts: Jan. 14, 2009

Ends: Mar. 4, 2009

Fee: DC Resident \$70

Non-Resident \$75

- 3048.936 Guy Mason Community Center
6:15pm to 7:15pm Wed.



Body Works

Participants will do build up exercises from low impact to high impact. The class will also focus on fitness training with prompting. Fee: Free

Ages: 13yrs. and over

Starts: Jan. 5, 2009

Ends: Mar. 12, 2009

- 3018.849 Kenilworth-Parkside Recreation Center
6:30pm to 8:30pm Mon. Tues. & Thurs.

Fitter Faster

Participants will improve their general fitness levels through resistance training, isometric, plyometric and cardiovascular exercise. Participants will receive body composition assessments at the beginning and end of the session.

Ages: 18yrs. and over

Starts: Dec. 23, 2008

Ends: Mar. 12, 2009

Fee: DC Resident \$50

Non-Resident: \$65

- 3018.727 Emery Recreation Center
6pm to 7pm Tues. & Thurs.

Move It or Lose It

If you love moving to music and want a work out that doesn't put you on course for eventual joint replacement, try this blend of ballet, jazz, and modern; small studies that give you strength, flexibility, and joy!

Ages: 18yrs. and over

Starts: Jan. 14, 2009

Ends: Mar. 4, 2009

Fee: DC Resident \$60

Non-Resident \$65

- 3048.136 Guy Mason Community Center
9:30am to 10:30am Wed.

- 3048.236 Guy Mason Community Center
7pm to 8pm Wed.

Pilates

An innovative approach to body conditioning and exercise. This class strengthens, stretches, and realigns the body plus much more! Eliminate tension and strain.

Ages: 18yrs. and over

Starts: Jan. 10, 2009

Ends: Mar. 7, 2009

Fee: DC Resident \$120 Non-Resident \$130

3028.774 Riggs LaSalle Community Center
11:30am to 12:30pm Sat.

3028.781 Sherwood Recreation Center
10am to 11am Sat.

3028.788 Takoma Community Center
10am to 11am Sat.

Qi Gong

The purpose of this ancient Chinese Art is to relieve stress and back pain while increasing flexibility and energy. Students will learn breathing, visualization and graceful movements that are fun and relaxing.

Ages: 18yrs. and over.

Starts: Jan. 13, 2009

Ends: Mar. 6, 2009

Fee: \$80 DC Resident Non-Resident \$85

2158.716 Chevy Chase Community Center
9am to 10am Beginning Tues. & Fri.
10am to 11am Advanced

Senior Momentum

Senior Momentum offers a balanced approach to fitness. Classes are designed to build strength and endurance, enhance flexibility and balance, and expand cardio-respiratory capacity. Functional fitness exercises incorporate everyday movements to strengthen abdominal and lower back muscles based on the principles of core conditioning.

Ages: 50yrs. and over

Starts: Jan. 14, 2009

Ends: Mar. 4, 2009

Fee: DC Resident \$80 Non-Resident \$85

3008.136 Guy Mason Community Center
11am to 12pm Wed.

Strength and Conditioning

Strength and conditioning classes to tone the body.

Ages: 18yrs. and over

Fee: Free

Starts: Jan. 6, 2009

Ends: Mar. 12, 2009

3018.853 Lamond Recreation Center
7:30pm to 8:30pm Tues. Wed. & Thurs.

Tai Chi

Participants will learn the techniques of this form of martial arts through self defense, flexibility, strength, and body conditioning.

Ages: 18yrs. and over

Fee: Free

Starts: Dec. 22, 2008

Ends: Mar. 11, 2009

3058.717 Columbia Heights Recreation Center
6pm to 7:30pm Mon. & Wed.

Yoga

This course provides relaxation as well as helping students to maintain flexibility, ultimately leading to positive thinking and rejuvenation. This is achieved through gentle movement, breathing exercises, and meditation.

Ages: 18yrs. and over

Fee: Free

Starts: Dec. 23, 2008

Ends: Mar. 10, 2009

3018.781 Sherwood Recreation Center
6:30pm to 7:30pm Wed.

3018.792 Turkey Thicket Recreation Center
7pm to 8pm Tues.

Yoga

A multi-level hatha yoga class with emphasis on strength, healing, flexibility and endurance. The class will explore breathing exercises and interactive yoga. It's an invigorating combination that will challenge your physical and mental strength.

Ages: 18yrs. and over

Starts: Jan. 15, 2009

Ends: Mar. 6, 2009

Fee: DC Resident \$80

Non-Resident \$85

3018.336 Guy Mason Community Center
7:35pm to 8:35pm Thurs.

Yoga: Integral

Integral Yoga creates an opportunity for integration and harmony for the individual by calming the mind and toning the entire nervous system. The typical one and a half hour session includes four aspects: a series of physical postures, deep relaxation, simple breathing exercises, and meditation.

Ages: 18yrs. and over

Starts: Jan. 13, 2009

Ends: Mar. 6, 2009

Fee: DC Resident \$80

Non-Resident \$85

3018.136 Guy Mason Community Center
9:15am to 10:45am Tues.

3018.236 Guy Mason Community Center
9:15am to 10:45am Fri.

We Can! Together Health and Fitness

We can Inc. will work with youth ages 13-24. The approach is to engage the enrolled youth consistently throughout the life of the program. The program will consist of three circle meetings, reading, Writing, and Hip Conflict Resolution. These circles will take place on Monday and Tuesday evenings. On Saturday the youth will participate in dance and positive Rap classes.

Ages: 13 to 24yrs.

Fee: Free

Starts: Dec. 29, 2008

Ends: Mar. 10, 2009

0898.947 Trinidad Recreation Center
6pm to 8pm Mon. & Tues.

Sports

Basketball

DPR runs a large citywide youth basketball league during the winter months. Our "recreation" leagues are designed to give as many youth as possible the greatest benefit available from participation in an organized sport. Players will build coordination, speed, and strength while developing bonds with their teammates, and supportive relationships with positive adult role models. On and off the court, our coaches emphasize determination, team work, and respect. For more information, please contact the Athletic Programs Administration Office at (202) 671-1700 or your local recreation center.

General Information

Leagues will be formed based on pre-registration. Players may pre-register at any recreation center between November 10, 2008 and January 16, 2009. All players must compete within their age range. An official birth certificate is required for registration.

All teams will play one competitive game per week between January 26, 2009 and March 14, 2009.

Centers without a gym may work on strategy, conditioning, and other fundamentals in multipurpose rooms or outdoors on the playground, weather permitting.

Divisions

Pee Wee

Ages 6 to 8yrs.

Focus: Pee Wee's learn how rules and team cooperation contribute to the game, while building fundamental skills and increasing strength and coordination.

Pony

Ages 9 and 10yrs.

Focus: Pony's learn more about healthy competition as they continue to build strength and coordination.

Junior

Ages 11 and 12yrs.

Focus: Junior's build advanced skills and learn more about basic strategy

Junior: Girls

Ages: 12yrs. and younger

Focus: Junior Girls will build fundamental skills and learn basic strategies in preparation for play at the high school level.

Intermediate

Ages 13 to 15yrs.

Focus: Intermediate players learn to complement their fundamental skills with vision and creativity.

Intermediate: Girls

Ages: 13 to 15yrs.

Focus: The Intermediate Girls division offers healthy competition that teaches to complement their fundamental skills for further preparation for the high school level.

Senior

Ages 16 to 18yrs.

Focus: Seniors compete and assume leadership roles.

Basketball: 30 and Over

Drop in and shoot a few hoops with friends.

Ages: 30yrs. and over

Fee: Free

Starts: Jan. 6, 2009

Ends: Mar. 14, 2009

2058.744

Hillcrest Recreation Center
7pm to 8:45pm Wed.

2058.792

Turkey Thicket Recreation Center
10am to 12pm Sat.



Basketball: Adults

Drop in and shoot a few hoops with friends.

Ages: 18yrs. and over

Fee: Free

Starts: Jan. 6, 2009

Ends: Mar. 12, 2009

2058.731

Fort Lincoln Recreation Center
6pm to 8pm Tues. & Thurs.

2058.754

Langdon Park Recreation Center
6pm to 8pm Tues.

2058.861

Marie H. Reed Recreation Center
6pm to 8:30pm Wed.

Basketball: Adults

Teams will play games to compete in a tournament style competition.

Ages: 19 to 25yrs.

Fee: Free

Starts: Dec. 22, 2008

Ends: Mar. 9, 2009

2058.791

Trinidad Recreation Center
6pm to 8pm Mon. & Thurs.

Boxing

Female and male enthusiasts participate in training, defensive skills, footwork, hand techniques, and eye coordination. Fee: Free

Ages: 8 to 25yrs.
Year round-program

- 2089.707 Bald Eagle Recreation Center
5pm to 9pm Mon. through Fri.
- 2089.712 Benning Park Community Center
5:30pm to 9pm Mon. through Fri.
- 2089.749 Kenilworth-Parkside Recreation Center
6pm to 8pm Mon. Wed. & Fri.
- 2089.754 Langdon Park Community Center
6pm to 8pm Mon. through Fri.

Cheerleading

Learn team building exercises, sportsmanship and team play. Curriculum includes body movement, dexterity development, and coordination. Routines are showcased at regional and citywide competitions and events. Fee: Free

Ages: 6 to 18yrs.
Starts: Dec. 22, 2008 Ends: Mar. 14, 2009

- 2008.704 Arboretum Recreation Center
6pm to 8pm Mon. Wed. & Fri.
- 2009.707 Bald Eagle Recreation Center
6:30pm to 8pm Wed.
- 2008.711 Barry Farm Recreation Center
5:30pm to 6:30pm Tues. & Wed.
- 2008.712 Benning Park Recreation Center
6pm to 8:45pm Tues. & Thurs.
- 2008.713 Benning Stoddert Community Center
6pm to 8pm Tues.
- 2008.721 Douglass Community Center
6pm to 7:30pm Mon. & Wed.
- 2008.727 Emery Recreation Center
5:30pm to 8pm Tues. & Thurs.
- 2008.729 Fort Davis Community Center
6pm to 8pm Tues. and Thurs.
- 2008.739 Harrison Recreation Center
6pm to 8pm Mon. Wed. & Thurs.
- 2009.740 Harry Thomas Recreation Center
6pm to 8:30pm Mon. & Thurs.
- 2008.751 King Greenleaf Recreation Center
6pm to 8pm Tues. & Thurs.
- 2008.768 Payne Recreation Center
5:30pm to 6:30pm Mon. Wed. & Fri.
- 2008.772 Raymond Recreation Center
5:30pm to 6:30pm Mon. & Wed.
- 2008.773 Ridge Road Recreation Center
6pm to 8pm Wed. & Fri.

- 2008.781 Sherwood Recreation Center
5pm to 6:30pm Tues. & Thurs.
- 2008.788 Takoma Community Center
5pm to 7pm Mon. Tues. & Wed.
- 2008.797 Watkins Recreation Center
6pm to 8pm Mon. & Wed.

Double Dutch

To learn and adapt the techniques of speed, basic skills, jumping, and free style of double dutch. Fee: Free

Ages: 10 to 18yrs.
Starts: Jan. 5, 2009 Ends: Mar. 11, 2009

- 2238.747 Kelly Miller Recreation Center
6pm to 7pm Mon. & Wed.
- 2238.792 Turkey Thicket Community Center
6:30pm to 8pm Fri.

Fencing: Foil Beginner

Learn the art of the sword. Basic foil equipment provided.

Ages: 15 to 99yrs.
Starts: Jan. 7, 2009 Ends: Mar 11, 2008
Fee: DC Resident \$140 Non-Resident \$150

- 2138.215 Chevy Chase Community Center
5:30pm to 6:30pm Wed.

Fencing: Foil Intermediate

Learn the art of the sword. Basic foil equipment provided.

Ages: 15yrs. and over
Starts: Jan. 7, 2009 Ends: Mar 11, 2008
Fee: DC Resident \$140 Non-Resident \$150

- 2138.315 Chevy Chase Community Center
6:30pm to 7:30pm Wed.

Fencing: Foil Wheelchair

Learn the art of the sword. Basic foil equipment provided.

Ages: 13yrs. and over
Starts: Jan. 6, 2009 Ends: Mar. 10, 2009
Fee: DC Resident \$140 Non-Resident \$150

- 2138.815 Chevy Chase Community Center
5:30pm to 6:30pm Tues.

Fencing: Junior Epee Beginner

Learn the art of the sword.

Ages: 8 to 14yrs.
Starts: Jan. 3, 2009 Ends: Mar. 7, 2009
Fee: DC Resident \$140 Non-Resident \$150

- 2138.615 Chevy Chase Community Center
11am to 12pm Sat.

Fencing: Junior Epee Club

Practice with others. Private lessons available in foil, Epee, and Saber.

Ages: 8 to 15yrs.

Starts: Jan. 6, 2009 Ends: Mar. 10, 2009

Fee: DC Resident \$140 Non-Resident \$150

2138.415 Chevy Chase Community Center
6:30pm to 9pm Tues.

Fencing: Junior Epee Club

Ages: 8 to 15yrs.

Starts: Jan. 7, 2009 Ends: Mar. 11, 2009

Fee: DC Resident \$140 Non-Resident \$150

2138.515 Chevy Chase Community Center
2pm to 3:30pm Sat.

Fencing: Junior Epee Intermediate

Continue learning the art of the sword.

Ages: 8 to 14yrs.

Starts: Jan. 3, 2009 Ends: Mar. 7, 2009

Fee: DC Resident \$140 Non-Resident \$150

2138.015 Chevy Chase Community Center
12pm to 1pm Sat.

Fencing: Junior Epee Intermediate

Ages: 8 to 14yrs.

Fee: DC Resident \$140 Non-Resident \$150

Starts: Jan. 3, 2009 Ends: Mar. 7, 2009

2138.915 Chevy Chase Community Center
1pm to 2pm Sat.

Indoor Soccer

Indoor soccer is a high energy activity that helps kids develop coordination, strength, stamina, and self-esteem. This program will teach participants the basic fundamentals of the sport, skill building exercises, and teamwork.

Starts: Dec. 22, 2008 Ends: Mar. 14, 2009

Fee: Free

Tiny Tots

Ages: 2 to 5yrs.

2068.074 Riggs LaSalle Recreation Center
10am to 11am Sat.

6 and Under
Ages: 5 to 6yrs.

2068.127 Emery Recreation Center
6pm to 8pm Mon. & Wed.

2068.152 Lafayette Recreation Center
5pm to 6:30pm Mon.

8 and Under

Ages: 6 to 8 yrs.

2068.212 Benning Park Recreation Center
5pm to 6pm Wed.

2068.213 Benning Stoddert Community Center
5pm to 6pm Tues.

2068.252 Lafayette Recreation Center
4:30pm to 6:30pm Tues.

2068.268 Payne Recreation Center
4pm to 5pm Tues.

10 and Under

Ages: 9yrs. to 10yrs.

2068.328 Ferbee Hope Recreation Center
4pm to 5:30pm Mon. & Wed.

2068.352 Lafayette Recreation Center
6:30pm to 8:30pm Mon.

2068.361 Marie H. Reed Recreation Center
4:30pm to 6pm Tues. & Thurs.

2068.368 Payne Recreation Center
3:30pm to 4:30pm Fri.

2068.398 Watts Branch Recreation Center
4pm to 5pm Mon.

12 and Under

Ages: 11yrs to 12yrs.

2068.413 Benning Stoddert Community Center
6pm to 8pm Fri.

15 and Under

Ages: 13yrs to 15yrs.

2068.512 Benning Park Recreation Center
6pm to 8pm Wed.

Indoor Track and Field

Learn and gain basic running, jumping, and throwing skills and techniques.

Ages: 7yrs. to 14yrs.

Starts: Dec. 29, 2008 Ends: Mar. 8, 2009

Fee: DC Resident: \$50 Non-Resident: \$50

2228.949 Kenilworth-Parkside Recreation Center
6pm to 7:30pm Mon. Wed. & Thurs.



Karate

Students will learn discipline, self confidence, and will become mentally and physically stronger. The one hour twice a week class includes stretching basic techniques, kata (forms). Power and special self defense techniques everyone should know.

Ages: 5yrs. and over.

Starts: Jan. 12, 2009

Ends: Mar. 5, 2009

Fee: \$80 DC Resident

Non-Resident \$85

2158.715 Chevy Chase Community Center
5pm to 6pm Mon. & Thurs.

Karate

Participants will explore the ancient martial arts form that teaches self-defense, flexibility, inner strength, self-confidence and body conditioning. Through a variety of fun and creative exercises, participants will develop the basic foundation of karate.

Ages: 8yrs. and over

Fee: Free

Starts: Jan. 10, 2009

Ends: Mar. 14, 2009

2158.913 Benning Stoddert Community Center
12:30pm to 2:30pm Sat.

2158.929 Fort Davis Community Center
7pm to 8:45pm Mon. & Wed.

2158.988 Takoma Community Center
6pm to 8pm Mon. Wed. & Fri.

Speed and Agility

Learn basic skills, strategies, and work out techniques for sports.

Ages: 6 to 13yrs.

Fee: Free

Starts: Dec. 23, 2008

Ends: Mar. 12, 2009

2378.717 Columbia Heights Recreation Center
6pm to 7pm Tues. & Thurs.

Street Hockey

Have great fun while learning the proper techniques in using roller blades and the safe way to play the game.

Ages: 6 to 12yrs.

Fee: Free

Starts: Jan. 7, 2009

Ends: Mar. 14, 2009

2368.713 Benning Stoddert Recreation Center
5pm to 8pm Thurs.

Taekwondo

Participants will learn the fundamentals of the Olympic sport Taekwondo. Participants will also improve flexibility, balance, strength, coordination, and physical fitness while developing discipline, integrity, perseverance, and self control.

Ages: 6 to 18yrs.

Fee: Free

Starts: Jan. 5, 2009

Ends: Mar. 11, 2009

2168.117 Columbia Heights Community Center
6pm to 7:30pm Mon. & Wed.

2168.131 Fort Lincoln Recreation Center
6pm to 8pm Mon. Tues. & Wed.

Tennis: Tiny Tots

Learn basic tennis strokes, stroke technique, and court awareness.

Ages: 3 to 6yrs.

Fee: Free

Starts: Jan. 9, 2009

Ends: Mar. 14, 2009

2018.292 Turkey Thicket Recreation Center
9am to 10am Sat.

Volleyball

Here's a great way to get some exercise, learn the basics of the game all while having fun and developing teamwork and sportsmanship. Through drills and games, participants will learn to block, pass, set, attack, and take your game to the next level.

Ages: 10 to 18yrs.

Fee: Free

Starts: Dec. 23, 2008

Ends: Mar. 14, 2009

2198.629 Fort Davis Community Center
5pm to 6pm Tues.

2198.631 Fort Lincoln Recreation Center
6pm to 7:30pm Tues. & Thurs.

2198.653 Lamond Recreation Center
5:30pm to 7pm Wed.

2198.665 Palisades Recreation Center
7:30pm to 9pm Thurs.

2198.692 Turkey Thicket Community Center
7pm to 9pm Tues. & Thurs.

Volleyball: Adult

Ages: 18yrs. and over

2198.765 Palisades Recreation Center
6:30pm to 7:30pm Thurs.



Southeast Tennis and Learning Center

Tennis is one of the greatest things adults can do to keep their bodies healthy. For kids, tennis is a sport of a lifetime that builds strength, coordination, discipline, and self-esteem. Southeast Tennis and Learning Center is a state of the art facility with four indoor courts staffed by skilled teaching pros. Let us help you improve your game! Group lessons for youth and adults take place Monday through Saturday. Private and semi-private lessons are also available by appointment. Players can rent court time on a space available basis, Monday through Saturday.

Court Time:

DC Residents:

Weekdays	\$25/hour
Weekends	\$28/hour

Non-Residents

Weekdays	\$35/hour
Weekends	\$38/hour

Private and Semi-Private Lessons

Instructor	Private	Semi-Private
Director of Tennis	\$50/hour	\$56/hour
Assistant Director	\$45/hour	\$51/hour
Head Pro	\$40/hour	\$46/hour
Staff Pro	\$35/hour	\$41/hour

ADULT CLINICS

All Adult clinics are on a first come, first serve basis. Just be sure to arrive a bit early to ensure space. Fees are for the entire session, however a \$10 drop in fee can be paid for each class attended. All payments should be made prior to attending class.

If you are not sure what level's right for you, we can help.
Call (202) 645-6242

Adult Beginners Clinic

Participants will learn basic tennis skills, stroke technique, and court awareness in a fun atmosphere.

Ages: 18yrs. and over

Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

Fee: DC Resident \$100 Non-Resident \$150

2258.183	7pm to 8pm Mon.
2258.283	7pm to 8pm Tues.
2258.383	7pm to 8pm Wed.
2258.483	7pm to 8pm Thurs.
2258.583	7pm to 8pm Fri.
2258.683	10am to 11am Sat.

Adult Intermediate Clinic

This class will focus on drills and skills that stress correct stroke production and competitive play.

Ages: 18yrs. and over

Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

Fee: DC Resident \$100 Non-Resident \$150

2248.183	7pm to 8pm Mon.
2248.283	7pm to 8pm Tues.
2248.383	7pm to 8pm Wed.
2248.483	7pm to 8pm Thurs.
2248.583	7pm to 8pm Fri.
2248.683	9am to 10am Sat.



YOUTH CLINICS

Fees for youth clinics cover the entire season and must be paid in full prior to the start of class. Students new to the program must have evaluations prior to enrollment. Please call 202-645-6242 to arrange an evaluation.



Junior Advanced Clinic

Advanced juniors master strokes and strategy while preparing for and competition in local, regional, and national tournament play.

Ages: 6 to 17yrs.

Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

Fee: DC Resident \$100 Non-Resident \$125

2298.183 4:30pm to 6pm Mon. through Fri.

Junior Beginners Clinic

Participants will learn beginners strokes, forehand, backhands, volleys, serves, return of serves, conditioning, drills, sprints, and competition.

Ages: 6 to 17yrs.

Starts: Sept. 2, 2008 Ends: Dec. 18, 2008

Fee: DC Resident \$50 Non-Resident \$60

2278.183 6pm to 7pm Mon. & Wed.

2278.283 6pm to 7pm Tues. & Thurs.

2278.383 1pm to 2pm Sat.

Junior Advanced Beginners Clinic

Participants will learn beginners strokes, forehands, backhands, volleys, overheads, and return of serves.

Ages: 6 to 17yrs.

Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

Fee: DC Resident \$100 Non-Resident \$125

2298.383 4:30pm to 6pm Mon. through Fri.

Junior Intermediate Clinic

Advanced juniors master strokes, forehands, backhands, volleys, overheads, and return of serves.

Ages: 6 to 17yrs.

Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

Fee: DC Resident \$100 Non-Resident \$125

2298.283 4:30pm to 6pm Mon. through Fri.

Tiny Tots

Learn basic tennis strokes, stroke technique, and court awareness.

Ages: 3 to 6yrs.

Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

Fee: DC Resident \$40 Non-Resident \$40

2018.283 11am to 12pm Sat.



Clubs

Bid Whist Card Club

Join in the fun of playing Community Bid Whist a popular and competitive card game.

Ages: 18yrs. and over 10 Week Session
Starts: Jan. 6, 2009 Ends: Mar. 10, 2009

1798.692 Turkey Thicket Recreation Center
6pm to 8pm Mon. Tues.



Book Clubs

Participants will enjoy and experience the world through reading, sharing, and discussion about various books, articles, and other reading material.

Ages: 6yrs. and over 10 Week Session
Starts: Jan. 5, 2009 Ends: Mar. 11, 2009

1748.918 Congress Heights Recreation Center
6:30pm to 9pm 1st and 3rd Friday

1748.927 Emery Recreation Center
6:30pm-8pm Mon.

1748.944 Hillcrest Recreation Center
6pm to 7pm Mon. Thurs.

1748.947 Kelly Miller Recreation Center
6pm to 7pm Mon. Thurs.

1748.954 Langdon Park Recreation Center
6pm to 8pm Wed.

1748.974 Riggs LaSalle Recreation Center
5:30pm to 6:30pm Mon.

1748.998 Watts Branch Recreation Center
5pm to 7pm Mon. Thurs.

Boys to Men

Do the Right Thing! Rites of passage making positive choices, and discussing life skills are agenda topics in these boys to men only age-appropriate group discussions.

Ages: 6yrs. to 11yrs. 11mths.
52 Week Session Year-round program
Starts: Aug. 27, 2008 Ends: Aug. 27, 2009

1730.004 Arboretum Recreation Center
6:30pm to 8pm Tues.

1739.011 Barry Farm Recreation Center
6pm to 7pm Wed.

1730.012 Benning Park Community Center
7pm to 8:45pm Fri.

1739.028 Ferebee Hope Recreation Center
5:30pm to 6:30pm Wed.

1730.029 Fort Davis Community Center
5:30pm to 6:30pm Tues.

1730.032 Fort Stanton Recreation Center
7pm to 8pm Tues.

1739.033 Fort Stevens Recreation Center
5:30pm to 6:30pm Mon.

1730.037 Hamilton Recreation Center
6:30pm to 7:30pm Wed.

1730.039 Harrison Recreation Center
6:30pm to 7:30pm Thurs.

1730.040 Harry Thomas Recreation Center
10am to 12pm Sat.

1730.048 Kalorama Recreation Center
7pm to 8pm Thurs.

1730.049 Kenilworth Parkside Recreation Center
4:30pm to 5:30pm Wed.

1730.050 Kennedy Recreation Center
5:30pm to 7:30pm Tues.

1730.053 Lamond Recreation Center
4pm to 5pm Mon.

1739.059 Malcolm X Recreation Center
7:30pm to 8:30pm Thurs.

1730.072 Raymond Recreation Center
4:30pm-5:30pm Mon.

1730.074 Riggs LaSalle Recreation Center
6pm to 8pm Tues.

1730.081 Sherwood Recreation Center
3:30pm to 4:30pm Fri.

1730.088 Takoma Community Center
5:30pm to 6:30pm Tues. Thurs.



Chess Club

Tactful strategies and concentration are part of learning the fundamentals of this challenging board game. Participants who already know how to play will have the opportunity to match their skills against other players.

Ages: 6 to 80yrs. 11mths 10 Week Session
Starts: Jan. 5, 2009 Ends: Mar.13, 2009

- 1528.907 Arboretum Recreation Center
5pm to 6pm Mon.
- 1528.912 Benning Park Community Center
6pm to 8:45pm Mon. Wed. & Fri.
- 1528.914 Brentwood Recreation Center
6pm to 7:30pm Mon. & Wed.
- 1528.931 Ft. Lincoln Recreation Center
5pm to 6pm Mon. & Thurs.
- 1528.953 Lamond Recreation Center
5pm to 6pm Mon.
- 1528.969 Petworth Recreation Center
6pm to 7pm Tues.
- 1528.983 S. E. Tennis and Learning Center
4pm to 7pm Mon. & Wed.
- 1528.992 Turkey Thicket Recreation Center
4:30pm to 5:30pm Tues. Thurs.

Fashion Modeling Club

Models will learn how to walk, turn and strut on the runway on the catwalk. They will also participate in workshops and training sessions which help them to advance their learned skills.

Ages: 6 to 13yrs. 11mths. 10 Week Session
Starts: Jan. 5, 2009 Ends: Mar. 12, 2009

- 1358.944 Hillcrest Recreation Center
6pm to 7pm Mon. Wed.
- 1358.951 King Greenleaf Recreation Center
6pm to 8pm Wed.
- 1358.954 Langdon Recreation Center
6pm to 9pm Tues. Thurs.

Garden Club

Do you have a green thumb? Bring your expertise and interact with other budding horticulturists.

Ages: 9 to 18yrs. 11mths. 10 Week Session
Starts: Jan. 8, 2009 Ends: Mar. 12, 2009

- 8218.147 Kelly Miller Recreation Center
4pm to 5pm Tues. Thurs.



Poetry Club

Youth will receive the opportunity to express there emotions, and/or short stories in the art of poetry among their peers.

Ages: 18yrs. and over 10 Week Session
Starts: Jan. 8, 2009 Ends: Mar. 12, 2009

- 1818.112 Benning Park Community Center
6pm to 7pm Fri.

Supreme Teens

Leisure activities, social, educational, and community service experiences and accompanied by workshops will emphasis on leadership skills, role-play, and issues that confront their daily lives. These series of activities help to perpetuate growth and self-acceptance, raise self-esteem, and discover untapped talent.

Ages: 12 to 18yrs. 11mths

51 Week Session

Starts: Aug. 27, 2008

Year-round program

Ends: Aug. 28, 2009

1800.004	Arboretum Recreation Center 6pm to 8:30pm Fri.	1800.039	Harrison Recreation Center 7:30pm to 8:30pm Fri.
1809.007	Bald Eagle Recreation Center 6:30pm to 8:30pm Fri.	1800.040	Harry Thomas Recreation Center 6pm to 7pm Wed. & Fri.
1800.009	Banneker Recreation Center 5pm to 7pm Tues.	1800.042	Hearst Recreation Center 6:30pm to 8:45pm Wed. & Fri.
1809.011	Barry Farm Recreation Center 5:30pm to 6:30pm Tues.	1800.047	Kelly Miller Recreation Center 6pm to 7:30pm Fri.
1800.012	Benning Park Community Center 7pm to 8:45pm Fri.	1800.050	Kennedy Recreation Center 7pm to 8:30pm Fri.
1800.013	Benning Stoddert Recreation Center 7pm to 8pm Fri.	1800.051	King Greenleaf Recreation Center 7pm to 9pm Fri.
1800.014	Chevy Chase Community Center 6pm to 9pm Fri.	1800.052	Lafayette Recreation Center 6:30pm to 8pm Wed.
1809.017	Columbia Height Community Center 6pm to 7pm Thurs.	1800.053	Lamond Recreation Center 7pm to 9pm Fri.
1800.018	Congress Heights Recreation Center 6:45pm to 8:30pm Fri.	1800.054	Langdon Recreation Center 6:30pm to 8:30pm Wed. & Fri.
1809.021	Douglass Community Center 6pm to 8pm Tues.	1809.059	Malcolm X Recreation Center 6pm to 9pm Fri.
1800.025	Edgewood Recreation Center 5:30pm to 6:30pm Wed.	1800.061	Marie Reed Recreation Center 6pm to 8:30pm Fri.
1800.027	Emery Recreation Center 6:30pm to 8:30pm Fri.	1800.068	Payne Recreation Center 6:30pm to 7:30 Fri.
1809.028	Ferebee Hope Recreation Center 5:30pm to 7:30pm Thurs.	1800.065	Palisades Recreation Center 7pm to 9pm Fri.
1800.029	Fort Davis Community Center 6pm to 8:30pm Fri.	1800.069	Petworth Recreation Center 7pm to 9pm Fri.
1800.031	Fort Lincoln Recreation Center 7pm to 9pm Tues. & Fri.	1800.068	Raymond Recreation Center 7pm to 8:45 Fri.
1800.032	Fort Stanton Recreation Center 6:30pm to 8:30pm Fri.	1800.074	Riggs LaSalle Recreation Center 6pm to 8pm Mon. & Fri.
1800.033	Fort Stevens Recreation Center 7pm to 7:45pm Wed.	1800.076	Rosedale Recreation Center 7pm to 9pm Mon. & Fri.
1800.035	Volta Park 6pm to 7pm Fri.	1800.081	Sherwood Recreation Center 6:30pm to 8:30pm Mon.
1800.037	Hamilton Recreation Center 7pm-9pm Fri.	1800.084	Stead Recreation Center 7pm to 8:30pm Fri.
1800.038	Hardy Recreation Center 7pm to 9pm Fri.	1800.088	Takoma Recreation Center 7pm to 9pm Fri.
		1800.091	Trinidad Recreation Center 6pm to 7:30pm Wed.
		1800.092	Turkey Thicket Recreation 6:30pm to 8:30pm Fri.
		1909.095	Upshur Recreation Center 6pm to 8pm Fri.
		1800.098	Watts Branch Recreation Center 7pm to 8pm Wed.

Young Ladies on the Rise

Leisure activities, social, educational, and community service experiences are accompanied by workshops with emphasis on leadership skills, role-play, and issues that confront their daily lives. These series of activities help to perpetuate growth and self-acceptance, raise self-esteem, and discover untapped talent.

Ages: 6. to 18yrs.
Starts: Aug. 27, 2008

Year-round program
49 Week Session
Ends: Aug. 28, 2009

1790.904	Arboretum Recreation Center 6:30pm to 8pm Fri.	1790.947	Kelly Miller Recreation Center 7pm to 8:30pm Thurs.
1799.907	Bald Eagle Recreation Center 6pm to 7:30pm Mon. Tues. & Wed.	1790.948	Kalorama Recreation Center 7pm to 8pm Wed.
1790.909	Banneker Recreation Center 4:30pm to 5:30pm Tues.	1790.949	Kenilworth Parkside Recreation Center 5pm to 7pm Wed. & Thurs.
1799.911	Barry Farm Recreation Center 6:30pm to 7:30pm Thurs.	1790.950	Kennedy Recreation Center 5:30pm to 7:30pm Thurs.
1790.912	Benning Park Community Center 6:30pm to 7pm Thurs.	1790.951	King Greenleaf Recreation Center 6:30pm to 7:30pm Thurs.
1790.913	Benning Stoddert Recreation Center 6pm to 7pm Thurs.	1790.952	Lafayette Recreation Center 4:30pm to 5:30pm Mon. & Wed.
1790.914	Chevy Chase Recreation Center 6pm to 7pm Wed.	1790.953	Lamond Recreation Center 6pm to 7pm Thurs.
1799.918	Congress Heights Recreation Center 5pm to 6pm Wed.	1790.954	Langdon Park Community Center 5:30pm to 6:30pm Wed.
1799.921	Douglass Community Center 6:30pm to 7:30pm Mon.	1799.959	Malcolm X Recreation Center 6:30pm to 7:30pm Wed.
1790.925	Edgewood Recreation Center 5pm to 6pm Mon.	1790.959	Palisades Recreation Center 4:30pm to 5:30pm Wed. & Fri.
1790.927	Emery Recreation Center 5pm to 6pm Wed.	1790.968	Petworth Recreation Center 6:30pm to 7:30pm Thurs.
1799.928	Ferebee Hope Recreation Center 5:30pm to 7:30pm Tues.	1790.972	Raymond Recreation Center 4:30pm to 5:30pm Wed.
1790.929	Fort Davis Community Center 5pm to 6pm Thurs.	1790.973	Ridge Rd. Recreation Center 6pm to 7pm Wed.
1790.932	Fort Stanton Recreation Center 12pm to 2pm Sat.	1790.974	Riggs LaSalle Recreation Center 6pm to 8pm Thurs.
1790.933	Fort Stevens Recreation Center 6:30 to 8:30 Fri.	1790.976	Rosedale Recreation Center 5:30pm-6:30pm Tues.
1790.937	Hamilton recreation Center 6:30pm to 7:30pm Mon.	1790.981	Sherwood recreation Center 6pm to 7:30pm Wed. & Fri.
1790.939	Harry Thomas Recreation Center 7pm to 8pm Wed.	1790.983	S. E. Tennis and Learning Center 4pm to 7pm Wed.
1790.940	Hart Recreation Center 5pm to 6pm Wed.	1790.988	Takoma Community Center 6pm to 8pm Mon. & Wed.
		1790.991	Trinidad Recreation Center 5pm to 6pm Mon.
		1790.992	Turkey Thicket Recreation Center 5pm to 6pm Wed.
		1790.995	Upshur Recreation Center 5pm to 6pm Fri.
		1790.997	Watkins Recreation Center 5pm to 6pm Thurs.
		1790.998	Watts Branch Recreation Center 6pm to 7pm Tues.

Cultural Arts

Abrakadoodle (Art For Kids)

Develop your child's artistic side! Fun creative projects will keep children interested and motivated.

Ages: 2 to 3yrs.

Starts: Jan. 15, 2009 Ends: Mar. 5, 2009

Fee: DC Resident \$100 Non-Resident \$110

0278.015 Chevy Chase Community Center
3:30pm to 4:15pm Thurs.

Abrakadoodle (Art For Kids)

Develop your child's artistic side! Fun creative projects will keep children interested and motivated.

Ages: Older 3's, 4's & 5

Starts: Jan. 15, 2009 Ends: Mar. 5, 2009

Fee: DC Resident \$100 Non-Resident \$110

0278.115 Chevy Chase Community Center
4:30pm to 5:15pm Thurs.

Abrakadoodle (Art For Kids)

Develop your child's artistic side! Fun creative projects will keep children interested and motivated.

Ages: 2 to 3yrs.

Starts: Jan. 16, 2009 Ends: Mar. 6, 2009

Fee: DC Resident \$100 Non-Resident \$110

0278.215 Chevy Chase Community Center
10am to 10:45am Fri.

Abrakadoodle (Art For Kids)

Develop your child's artistic side! Fun creative projects will keep children interested and motivated.

Ages: Older 3's, 4's & 5

Starts: Jan. 16, 2009 Ends: Mar. 6, 2009

Fee: DC Resident \$100 Non-Resident \$110

0278.315 Chevy Chase Community Center
11am to 11:45am Fri.

Abrakadoodle (Art For Kids)

Develop your child's artistic side! Fun creative projects will keep children interested and motivated. Registration must be done in person.

Ages: 6 to 10yrs.

Starts: Jan. 15, 2009 Ends: Mar. 5, 2009

Fee: DC Resident \$100 Non-Resident \$110

0278.415 Chevy Chase Community Center
5:30pm to 6:15pm Thurs.

Amateur Telescope Making

Hands on learning of how to make telescopes and mirrors. Gain insight into astronomy. This class is ideal for children and parents.

Ages: 5yrs. and over

Starts: Jan. 16, 2009 Ends: Mar. 6, 2009

4008.115 Chevy Chase Community Center
6:30pm to 9:30pm Fri.

Ballet

Participants will learn the five basic positions and cover steps, terms and rhythms.

Ages: 4yrs to 6yrs.

Starts: Jan. 13, 2009 Ends: Mar. 3, 2009

Fee: DC Resident \$80 Non-Resident \$85

0838.015 Chevy Chase Community Center
4pm to 5pm Tues.

Ballet

Participants will learn the five basic positions and cover steps, terms and rhythms.

Ages: 4 to 6yrs.

Starts: Jan. 13, 2009 Ends: Mar. 3, 2009

Fee: DC Resident \$80 Non-Resident \$85

0838.115 Chevy Chase Community Center
5pm to 6pm Tues.

Ballet

Participants will learn the five basic positions and cover steps, terms and rhythms.

Ages: 4 to 6yrs.

Starts: Jan. 14, 2009 Ends: Mar. 4, 2009

Fee: DC Resident \$80 Non-Resident \$85

0838.215 Chevy Chase Community Center
4pm to 5pm Wed.

Ballet

Participants will learn the five basic positions and cover steps, terms and rhythms.

Ages: 4 to 6yrs.

Starts: Jan. 17, 2009 Ends: Mar. 7, 2009

Fee: DC Resident \$80 Non-Resident \$85

0838.315 Chevy Chase Community Center
9:30am to 10:30am Sat.

Ballet

Participants will learn the five basic positions and cover steps, terms and rhythms.

Ages: 6yrs to 8yrs.

Starts: Jan. 14, 2009

Ends: Mar. 4, 2009

Fee: DC Resident \$80

Non-Resident \$85

0838.715 Chevy Chase Community Center
5pm to 6pm Wed.

Ballroom Dancing

Participants will choose four out of the following dances to learn: Waltz, Swing, Tango, Cha-Cha, Rumba, Salsa, Quick Step, Samba, Meringue, and Two Step. Step list and video tape of the class will be provided for each student.

Ages: 18yrs. and over

Starts: Jan. 15, 2009

Ends: Mar. 5, 2009

Fee: DC Resident \$65

Non-Resident \$70

DC Couples: \$120

Couples Non-Resident: \$130

0848.015 Chevy Chase Community Center
7pm to 9pm Thurs.

Chinese Brush Painting

Learn how to blend colors, design compositions and use brush stroke techniques to complete traditional landscapes and flower painting on rice paper.

Ages: 18yrs and over

Starts: Jan. 14, 2009

Ends: Mar. 4, 2009

Fee: DC Resident \$65

Non-Resident \$70

0298.015 Chevy Chase Community Center
10am to 12pm Wed.

China Painting

Learn to paint on porcelain, including basic techniques on brush strokes and how to mix colors. The class is designed for beginners and the more advanced, allowing students to work on their own projects and at their own pace.

Ages: 18yrs. & over

Starts: Jan. 14, 2008

Ends: Mar. 4, 2008

Fee: DC Resident \$90

Non-Resident \$95

0298.036 Guy Mason Community Center
10:30am to 12:30pm Wed.

0298.136 1pm to 3pm Wed.

0298.336 Guy Mason Community Center
10:30am to 12:30pm Thurs.

0298.436 1pm to 3pm Thurs.

Drawing and Painting

Individual instruction will be given to both beginners and more advance students in drawing and painting with pencil, charcoal, conte crayon, pastels, acrylic and oil painting. Art supplies are the responsibility of the students.

Ages: 14yrs. and over

Starts: Jan. 13, 2009

Ends: Mar. 3, 2009

Fee: DC Resident \$80

Non-Resident \$85

0298.115 Chevy Chase Community Center
7:30pm to 9:30pm Tues.

Drawing and Painting

Individual instruction will be given to both beginners and more advance students in drawing and painting with pencil, charcoal, conte crayon, pastels, acrylic and oil painting. Art supplies are the responsibility of the students.

Ages: 18yrs. and over

Fee: DC Resident \$80

Non-Resident \$85

Starts: Jan. 14, 2009

Ends: Mar. 4, 2009

0298.215 Chevy Chase Community Center
6pm to 8pm Wed.

Drums

Learn music and develop coordination. Drum set provided. Lesson times to be individually scheduled. 30 minutes per pupil.

Ages: 6yrs. and over

Starts: Jan. 14 2009

Ends: Mar. 4, 2009

Fee: DC Resident \$200

Non-Resident \$210

1118.015 Chevy Chase Community Center
12pm to 8pm Wed. Thurs. or Sat.

Guitar

Learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies. Budding musicians must have their own guitars.

Ages: 7yrs. and over

Starts: Jan. 12, 2009

Ends: Mar. 5, 2009

Fee: DC Resident \$100

Non-Resident \$110

1118.015 Chevy Chase Community Center
6pm to 7pm Mon.

Guitar

Learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies. Budding musicians must have their own guitars.

Ages: 7yrs. and over

Starts: Jan. 12, 2009

Ends: Mar. 5, 2009

Fee: DC Resident \$100

Non-Resident \$110

1118.115 Chevy Chase Community Center
7pm to 8pm Mon.

Guitar

Learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies. Budding musicians must have their own guitars.

Ages: 7yrs. and over
 Fee: DC Resident \$100 Non-Resident \$110
 Starts: Jan. 12, 2009 Ends: Mar. 5, 2009

1118.215 Chevy Chase Community Center
 8pm to 9pm Mon.

Guitar

Learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies. Budding musicians must have their own guitars.

Ages: 7yrs. and over
 Fee: DC Resident \$100 Non-Resident \$110
 Starts: Jan. 17, 2009 Ends: Mar. 7, 2009

1118.315 Chevy Chase Community Center
 10am to 11am Sat.

Guitar

Learn the fundamentals of how to play the instrument, read music, and perform simple and complex melodies. Budding musicians must have their own guitars.

Ages: 7yrs. and over
 Fee: DC Resident \$100 Non-Resident \$110
 Starts: Jan. 17, 2009 Ends: Mar. 7, 2009

1118.415 Chevy Chase Community Center
 11am to 12pm Sat.

Hand Dancing

Enjoy swinging to the beat? Come out and enjoy the art of different styles of hand dancing.

Ages: 13yrs. and over Fee: Free
 Starts: Jan. 7, 2009 Ends: Mar. 13, 2009

0878.949 Kenilworth-Parkside Recreation Center
 7pm to 8:30pm Wed. & Fri.

Hand Dancing

Ages: 18yrs. and over Fee: Free
 Starts: Jan. 6, 2009 Ends: Mar. 12, 2009

0878.914 Brentwood Recreation Center
 7pm to 8:30pm Tues. & Thurs.

Hand Dancing

Ages: 18yrs. and over Fee: Free
 Starts: Jan. 6, 2009 Ends: Mar. 11, 2009

0888.092 Turkey Thicket Recreation Center
 7pm to 8:30pm Tues. & Wed.

Hand Dancing

Ages: 18yrs. and over Fee: Free
 Starts: Jan. 7, 2009 Ends: Mar. 11, 2009

0878.974 Riggs LaSalle Community Center
 7pm to 8pm Wed.

Hand Dancing

Ages: 18 to 50yrs. Fee: Free
 Starts: Jan. 7, 2009 Ends: Mar. 11, 2009

0878.950 Kennedy Recreation Center
 6:30pm to 8:30pm Wed.

Hip Hop Art Academy

Learn the basic fundamentals of drawing, painting, and coloring. This program also offers hands on experience with DJ equipment and teachings.

Ages: 5 to 16yrs. Fee: Free
 Starts: Jan. 6, 2009 Ends: Mar. 13, 2009

0278.112 Benning Park
 6pm to 8:45pm Tues. through Fri.

Hip Hop Dance

"Break it Out" when you step onto this hip hop scene; students will learn how to do the latest Hip Hop dance movements and "wow" their friends with their own individual talents and charisma. Break dance and get crunk with it.

Ages: 13 to 18yrs. Fee: Free
 Starts: Jan. 6, 2009 Ends: Mar. 12, 2009

0868.944 Hillcrest Recreation Center
 6pm to 7pm Tues. & Thurs.

Music Together

Parents participate with their children, ages birth to four years old. Music Together classes build on your child's natural enthusiasm for music and movement to develop musical skills.

Ages: Up to 4yrs.
 Starts: Jan. 12, 2009 Ends: Mar. 5, 2009
 Fee: DC Resident \$120 Non-Resident \$130

0398.015 Chevy Chase Community Center
 11am to 11:45am Mon.

Music Together

Build your child's natural enthusiasm for music and movement to develop musical skills. Parents and children ages birth to four participate together.

Ages: Up to 4yrs.
 Starts: Jan. 12, 2009 Ends: Mar. 5, 2009
 Fee: DC Resident \$120 Non-Resident \$130

0398.715 Chevy Chase Community Center
 3pm to 3:45pm Mon.

Music Together

Parents participate with their children, ages birth to four years old. Music Together classes build on your child's natural enthusiasm for music and movement to develop musical skills.

Ages: Up to 4yrs.
Starts: Jan. 12, 2009 Ends: Mar. 5, 2009
Fee: DC Resident \$120 Non-Resident \$130

0398.115 Chevy Chase Community Center
10am to 10:45am Mon.

Music Together

Build your child's natural enthusiasm for music and movement to develop musical skills. Parents and children ages birth to four participate together.

Ages: Up to 4yrs.
Starts: Jan. 12, 2009 Ends: Mar. 5, 2009
Fee: DC Resident \$120 Non-Resident \$130

0398.615 Chevy Chase Community Center
2pm to 2:45pm Mon.

Music Together

Parents participate with their children, ages birth to four years old. Music Together classes build on your child's natural enthusiasm for music and movement to develop musical skills.

Ages: Up to 4yrs.
Starts: Jan. 15, 2009 Ends: Mar. 5, 2009
Fee: DC Resident \$120 Non-Resident \$130

0398.315 Chevy Chase Community Center
10am to 10:45am Thurs.

Music Together

Build your child's natural enthusiasm for music and movement to develop musical skills. Parents and children ages birth to four participate together.

Ages: Up to 4yrs.
Starts: Jan. 15, 2009 Ends: Mar. 5, 2009
Fee: DC Resident \$120 Non-Resident \$130

0398.415 Chevy Chase Community Center
11am to 11:45am Thurs.

Music Together

Build your child's natural enthusiasm for music and movement to develop musical skills. Parents and children ages birth to four participate together.

Ages: Up to 4yrs.
Starts: Jan. 15, 2009 Ends: Mar. 5, 2009
Fee: DC Resident \$120 Non-Resident \$130

0398.515 Chevy Chase Community Center
12pm to 12:45pm Thurs.

Piano

Employees will be instructed in keyboard and theory for 30 minutes per pupil. Lesson times to be individually scheduled.

Ages: 6yrs. and over
Starts: Jan. 17, 2009 Ends: Mar. 7, 2009
Fee: DC Resident \$140 Non-Resident \$150

1158.015 Chevy Chase Community Center
5pm to 7pm Mon. Tues. Wed. or Thurs.
10am to 12pm Sat.

Poets on the Fringe

All poets are encouraged to express, share their own work, bring copies of their own poems and offer feedback with each other. Above all have fun and explore your creativity together.

Ages: 18 & over Year-round Program
Fee: Free

0548.536 Guy Mason Community Center
8pm to 9:30pm Wed.

Pottery

Beginning and intermediate artisans learn at their own skill level. Emphasis is on shape, function and surface decoration. Students will learn everything there is to know from basic clay forming and the wheel, to decorating and glazing to create finished pieces.

Ages: 18 & over
Starts: Jan. 12, 2009 Ends: Mar. 8, 2009
Fee: DC Resident \$145 Non-Resident \$155

0389.136 Guy Mason Community Center
6pm to 9pm Mon.
0389.636 6pm to 9pm Tues.
0389.436 6pm to 9pm Wed.
0389.336 6pm to 9pm Thurs.

Pottery

Students learn basic clay forming, decorating, firing and glazing to produce ceramic works independently.

Ages: 15yrs. and over
Starts: Jan. 13, 2009 Ends: Mar. 3, 2009
Fee: DC Resident \$115 Non-Resident \$125

0288.115 Chevy Chase Community Center
6:30pm to 8:30pm Tues.

Pottery – Wheel Throwing

Students learn basic clay forming, use of the pottery wheel, decorating, firing and glazing to produce ceramic works independently.

Ages: 18yrs. and over
Starts: Jan. 15, 2009 Ends: Mar. 5, 2009
Fee: DC Resident \$115 Non-Resident \$125

0288.215 Chevy Chase Community Center
6pm to 8pm Thurs.

Pottery

Students learn basic clay forming, decorating, firing and glazing to produce ceramic works independently.

Ages: 6 to 10yrs.

Starts: Jan. 17, 2009 Ends: Mar. 7, 2009

Fee: DC Resident \$115 Non-Resident \$125

0288.315 Chevy Chase Community Center
9am to 10am Sat.

Pottery

Students learn basic clay forming, decorating, firing and glazing to produce ceramic works independently.

Ages: 18yrs. and over

Starts: Jan. 17, 2009 Ends: Mar. 7, 2009

Fee: DC Resident \$115 Non-Resident \$125

0288.415 Chevy Chase Community Center
10am to 12pm Sat.

Pottery

Students learn basic clay forming, decorating, firing and glazing to produce ceramic works independently.

Ages: 7yrs. and over

Starts: Jan. 13, 2009 Ends: Mar. 3, 2009

Fee: DC Resident \$110 Non-Resident \$120

0388.215 Chevy Chase Community Center
5:30pm to 6:30pm Tues.

Rock Band

Learn music and develop skills and coordination while having fun learning the basics of music and rock. Approval of the instructor required.

Ages: 6yrs. and over

Starts: Jan. 15, 2009 Ends: Mar. 5, 2009

Fee: DC Resident \$155 Non-Resident \$165

1108.115 Chevy Chase Community Center
6:30pm to 9pm Thurs. & Fri.

Rock your Body through Dance

Participants will learn line dancing, salsa dancing, and hand dancing.

Ages: 21yrs. and up Fee: Free

Starts: Jan. 5, 2009 Ends: Mar. 11, 2009

0898.947 Kelly Miller Recreation Center
7:30pm to 8:30pm Mon. & Wed.

Personal Enrichment

Achievable Access

Ages: 6 to 65yrs.

Starts: Aug. 25, 2008

Year-round program

Ends: Jun. 26, 2009

0010.104 Arboretum Recreation Center
3pm to 6pm Mon. through Fri.

0010.197 Watkins Recreation Center
3:30pm to 6:30pm Mon. through Fri.



Boost Academics Tutoring Program

Get your BA in Boost Academics and improve your academic performance. In collaboration with the SETLC Tennis Program, students are required to complete their homework before or after their tennis lesson. This uniquely structured academic program is designed to develop and enhance academic performance through homework tutoring and computer technology. It seeks to enhance learning competencies through a concentration on English and Math studies. Students may come with or without homework. Report cards will be obtained to monitor progress during the course of the program.

Ages: 6 to 17yrs.

Starts: Aug. 25, 2008

Year-round program

Ends: May 28, 2009

0209.083 Southeast Tennis and Learning Center
3:30p to 7pm Mon. through Fri.

Belly Dancing

A dance form which exercises every muscle in the body and serves as a way to celebrate femininity as it helps women gain confidence in their bodies. This class is for beginners as well as the advanced dancer. A fun way to lose weight and tone the body. Participants should wear comfortable clothing.

Ages: 18 and over.

Fee: DC Resident \$70

Starts: Jan. 16, 2009

Non-Resident \$75

Ends: Mar. 6, 2009

2138.215 Chevy Chase Community Center
9:30am to 10:30am Fri.

Computer Access

Broaden your knowledge and learn how to create, save, file and navigate the internet. Fee: Free

Starts: Jan. 5, 2009 Ends: June 26, 2009

- | | |
|----------|---|
| 1378.004 | Ages: 21 & over
Arboretum Recreation Center
12:30pm to 1:30pm Mon. Wed. & Fri.
Ages: 6 to 18yrs. |
| 1378.007 | Bald Eagle Recreation Center
5:30pm to 7:30pm Mon. through Fri.
Ages: 6 to 18yrs. |
| 1378.011 | Barry Farm Recreation Center
5:30pm to 7:30pm Mon. through Fri. |
| 1378.012 | Ages: 6 & over
Benning Park Recreation Center
5:30pm to 7:30pm Mon. through Fri. |
| 1378.029 | Ages: 6 & over
Fort Davis Recreation Center
4pm to 8:30pm Mon. through Thurs. |
| 1378.040 | Ages: 7 & over
Harry Thomas Recreation Center
5pm to 8:30pm Mon. through Fri. |
| 1378.064 | Ages: 13 to 19yrs.
North Michigan Park Recreation Center
5pm to 6:30pm Tues. & Thurs. |
| 1378.074 | Ages: 6 to 18yrs.
Riggs LaSalle Recreation Center
5:30pm to 7:30pm Mon. through Fri. |
| 1378.076 | Ages: 6 to 18yrs.
Rosedale Recreation Center
4pm to 7pm Mon. Wed. & Fri. |
| 1378.084 | Ages: 8 and over
Stead Recreation Center
5pm to 8:30pm Mon. through Fri. |
| 1378.095 | Ages: 6 to 18yrs.
Upshur Recreation Center
3:30pm to 8pm Mon. through Fri. |
| 1378.098 | Ages: 12 to 16yrs.
Watts Branch Recreation Center
4pm to 6pm Tues. & Thur. |
| 1378.018 | Ages: 6 & over
Brentwood Recreation Center
3:30pm to 6:30pm Mon. through Fri. |
| 1378.054 | Ages: 6 & over
Langdon Park Recreation Center
5pm to 8pm Mon. through Fri. |

Duplicate Bridge

Competitive play for the serious bridge player in an ongoing league. Fee: \$5

Ages: 18yrs. & over Year-round program

0009.436 Guy Mason Community Center
11am to 3pm Mon. & Thurs.

Drill Team Practice

Enjoy learning drill skills and preparing for parades.

Ages: 6 to 15yrs.
Starts: Jan. 6, 2009 Ends: Mar. 13, 2009

4638.827 Hine Recreation Center
6pm to 8pm Tues. & Fri.

French

Bonjour! Come and enjoy our Intermediate conversational French. Utilizing a full immersion technique to include practice with others, videos and text.

Ages: 18yrs. and over
Starts: Jan. 12, 2009 Ends: Mar. 2, 2009
Fee: DC Resident \$80 Non-Resident \$85

1278.015 Chevy Chase Community Center
6:15pm to 7:15pm Mon.

French - Introduction

Introductory class based on the textbook Communication In French . Emphasis is on pronunciation.

Ages: 18 & over
Starts: Jan. 13, 2009 Ends: Mar. 3, 2009
Fee: DC Resident \$80 Non-Resident \$85

1278.136 Guy Mason Community Center
6pm to 7pm Tues.

French – Review

The review course is also based on the textbook Communication in French but more conversation in French will be introduced, homework is encouraged and selected reading passages will be discussed.

Ages: 18 & over
Starts: Jan. 13, 2009 Ends: Mar. 3, 2009
Fee: DC Resident \$80 Non-Resident \$85

1278.236 Guy Mason Community Center
7:10pm to 8:10pm Tues.

Fun Free Friday

Participants enjoy sports, socializing, various activities and special events.

Ages: 6 to 14yrs.
Starts: Jan. 9, 2009 Ends: Mar. 13, 2009

1528.164 North Michigan Park Recreation Center
3:45pm to 4:30pm Fri.

Girls Inc. Living Safe & Strong

Leisure activities, social, educational, and community service experiences are accompanied by workshops with emphasis on leadership skills, role-play, and issues that confront their daily lives. These series of activities help to perpetuate growth and self-acceptance, raise self-esteem, and discover untapped talent.

Ages: 10 to 12yrs.

Starts: Dec. 29, 2008

Ends: Mar. 10, 2009

1788.191 Trinidad Recreation Center
3:30pm to 6pm Mon. through Thurs.

Math Explorers

Imagine your child learning math and enjoying it! Energetic and supportive approach makes math interesting. These small group sessions will help students ages 7-15 build strong math skills. Students come with your questions and problems.

Ages: 7 to 16yrs.

Starts: Jan. 12, 2009

Ends: Mar 2, 2009

Fee: DC Resident \$150

Non-Resident \$160

1368.215 Chevy Chase Community Center
4:30pm to 5:30pm Mon.

Math Explorers

Imagine your child learning math and enjoying our energetic approach makes math interesting. These small group sessions will help students (ages 7-15) build strong math skills. Sessions individually scheduled during the summer, Monday thru Thursdays.

Ages: 7 to 16yrs.

Starts: Jan. 13, 2009

Ends: Mar. 3, 2009

Fee: DC Resident \$150

Non-Resident \$160

1368.115 Chevy Chase Community Center
4:30pm to 5:30pm Tues.

Math Explorers

Imagine your child learning math and enjoying it! the energetic and supportive approach make math interesting. Small group session will help students build strong math skills. Students are encouraged to come with their questions and area of mathematical need...

Ages: 7 to 16yrs.

Starts: Jan. 14, 2009

Ends: Mar. 4, 2009

Fee: DC Resident \$150

Non-Resident \$160

1368.315 Chevy Chase Community Center
4:30pm to 5:30pm Wed.

Math Explorers

Imagine your child learning math and enjoying it! the energetic and supportive approach make math interesting. Small group session will help students build strong math skills. students are encouraged to come with their questions and area of mathematical need...

Ages: 7 to 16yrs.

Starts: Jan. 15, 2009

Ends: Mar. 5, 2009

Fee: DC Resident \$15

Non-Resident \$160

1368.415 Chevy Chase Community Center
4:30pm to 5:30pm Thurs.

Mocha Moms

The South East Washington DC Chapter of Mocha Moms would like to invite all the stay at home mothers to bi-monthly support group meetings to hear guest speakers, learn from each other and socialize. This group meets the (2nd and 4th) Tuesday of each month.

Ages: 18yrs. and over

Starts: Jan. 6, 2009

Ends: Mar. 10, 2009

0248.744 Hillcrest Recreation Center
11:30am to 1:30pm Tues.

Poets on the Fringe

All poets are encouraged to express, share their own work, bring copies of their own poems and offer feedback with each other. Above all have fun and explore your creativity together.

Year-round program

Ages: 18 & over

Fee: Free

0548.536 Guy Mason Community Center
8pm to 9:30pm Wed.

Photography (Digital)

Introduction to photography and picture taking. Including darkroom processing, developing film and making prints.

Ages: 14 and over

Free

Starts: Jan. 14, 2009

Ends: Mar 4, 2009

0368.215 Chevy Chase Community Center
6pm to 7:30pm Wed.

Photography: For Kids

Introduction to photography and picture taking. Including darkroom processing, developing film and making prints.

Ages: 8 to 14yrs.

Starts: Jan. 13, 2009

Ends: Mar. 3, 2009

Fee: DC Resident \$115

Non-Resident \$125

0368.015

Chevy Chase Community Center
5pm to 6:30pm Tues.

SAT Preparation

Get ready for the SAT with DPR! Participants will review math, critical reading and critical writing practice questions and also cover topics for the SAT essay. Test taking approaches and tips will be shared.

Ages: 12 to 17yrs.

Starts: April 1, 2008

Ends: Dec. 31, 2009

4521.125

Edgewood Recreation Center
3:30pm to 9pm Mon. through Fri.

Sewing

STITCH!!! Students will learn basic sewing tasks, pattern cutting and fabric crafting to design and create works and clothes. More advanced students will receive individual instruction on how to continue to improve their skills and make the clothes of their dreams!

Ages: 15yrs. and over

Starts: Jan. 12, 2009

Ends: Mar 2, 2009

Fee: DC Resident \$115

Non-Resident \$125

0348.015

Chevy Chase Community Center
7pm to 9pm Mon.

Story Time at Turtle Park

Explore the world of imagination as parents and youth get involved with dramatic storytelling to young children.

Ages: 1 to 6yrs.

Starts: Jan. 13, 2009

Ends: Mar. 19, 2009

0248.134

Friendship Recreation Center
3:45pm to 5pm Tues. Thurs. & Sat.

Weekly Readers Program

Youth increase reading comprehension and improve writing skills.

Ages: 6 to 12yrs.

Starts: Jan. 10, 2008

Ends: Mar. 14, 2009

1758.829

Fort Davis Recreation Center
1pm to 2pm Sat.

Workshop I

Using Your Digital Camera

Four workshops offered during a 6 week series.

Ages: 18 & over

Starts: Jan. 19, 2008

Ends: Jan. 26, 2008

Fee: DC Resident \$40

Non-Resident \$45

0368.036

Guy Mason Community Center
7pm to 8:30pm Mon.

Workshop II

Downloading & Organizing Digital Pictures

Ages: 18 & over

Starts: Feb. 3, 2009

Ends: Feb. 3, 2009

Fee: DC Resident \$20

Non-Resident \$25

0368.136

Guy Mason Community Center
7pm to 8:30pm Mon.

Workshop III

Editing & Printing Digital Images

Ages: 18 & over

Starts: Feb. 10, 2009

Ends: Feb. 17, 2009

Fee: DC Resident \$40

Non-Resident \$45

0368.236

Guy Mason Community Center
7pm to 8:30pm Mon.

Workshop IV

Shooting For The Web

Ages: 18 & over

Starts: Feb. 24, 2009

Ends: Feb. 24, 2009

Fee: DC Resident \$20

Non-Resident \$25

0368.336

Guy Mason Community Center
7pm to 8:30pm Mon.

You Can Write

Writers will learn writing tips and basic motivations for writing, re-writing and editing musical lyrics, movie scripts, poetry and more.

Ages: 13yrs. and over

Starts: Jan. 7, 2009

Ends: Mar. 11, 2009

1338.949

Kenilworth-Parkside Recreation Center
7pm to 8:30pm Tues. & Thurs.



Star Makers

Academy of Dance at Banneker Recreation Center

The Dance Program at Banneker Recreation Center is operated by Star Makers Academy of Dance under owner/instructor Stephanie Rene. Star Makers offers an award winning program which offers instruction in Ballet, Tap, Jazz, Lyrical, and Hip Hop Dance. Star Makers also offers a national award winning competitive dance team for dancers interested in greater performance opportunities. All classes also feature a year-end dance recital. Additional fees will apply for costumes, dance fees, etc. Discounts are available for registering for multiple classes.

Baby Combo

Baby Combo is an introductory class for the youngest dancers. Dancers will learn pre-ballet, pre-tap and pre-jazz.

Ages: 3 to 6yrs.

Starts: Jan. 10, 2009 Ends: Mar. 14, 2009

Fee: DC Resident \$120 Non-Resident \$130

0909.109 Banneker Recreation Center
10:30am to 11:30am Sat.

Ballet Technique

Ballet is the foundation of all forms of dance and is strongly recommended for dancers who are interested in excelling in Jazz, Lyrical and Hip Hop. Dancers learn from the traditional French vocabulary and work on poise, flexibility and technique. Attire: Girls-Black leotard, beige tights, and black jazz shoes. Boys-White t-shirt, black sweatpants and black jazz shoes.

Ages: 7 to 10yrs.

10 Week Session

Starts: Jan. 9, 2009 Ends: Mar. 14, 2009

Fee: DC Resident \$120 Non-Resident \$130

0939.109 Ballet Technique II/III
Banneker Recreation Center
6pm to 7:30pm Fri.

Ages: 7 to 12yrs.

0939.209

Ballet Technique III/IV

Banneker Recreation Center

11:30am to 1pm Sat.

Hip Hop Dance

Hip Hop is geared towards beginner dancers ages 7 -18.

In Hip Hop class, dancers will learn the latest dance moves found on any music video. Hip Hop will help the dancer loosen up, gain rhythm and perfect controlled isolated movements. Attire: Girls – Black leotard, beige tights, shorts or sweatpants and sneakers. Boys – White t-shirt, black sweatpants and sneakers.

Ages: 7 to 9yrs.

Fee: DC Resident \$120

Non-Resident \$130

Starts: Jan. 5, 2009

Ends: Mar. 9, 2009

0949.109

Hip Hop Dance II

Banneker Recreation Center

6pm to 7pm Mon.

Ages: 10 to 18yrs.

0949.209

Hip Hop Dance III/IV

Banneker Recreation Center

1:30pm to 2:30pm Sat.

Jazz/Lyrical

Jazz Lyrical is designed for the advanced beginner to intermediate dancers ages 7-18. Dancers will work on jumps and turns, jazz isolations and stretch. Dancers will learn Broadway and Funk styles of jazz as well as begin to work on the Lyrical and Contemporary style as well. Attire: Girls-Black leotard, beige tights, and black jazz shoes. Boys-White t-shirt, black sweatpants and black jazz shoes.

Ages: 7 to 10yrs.

Starts: Jan. 7, 2009

Ends: Mar. 13, 2009

Fee: DC Residents \$120

Non-Residents \$130

0919.109

Jazz/Lyrical II/III

Banneker Recreation Center

7:30pm to 8:30pm Fri.

Ages: 10 to 18yrs.

0919.209

Jazz/Lyrical VI

Banneker Recreation Center

6:30pm to 7:30pm Wed.

Jazz Technique

Students will work on intermediate and advanced forms of Jazz techniques. Class is designed to help dancers strengthen technique while working on jumps, turns and progressions which will help dancers in other disciplines. Attire: Girls-Black leotard, beige tights, and black jazz shoes. Boys-White t-shirt, black sweatpants and black jazz shoes.

Ages: 7 to 10yrs.

Starts: Jan. 5, 2009

Ends: Mar. 14, 2009

Fee: DC Resident \$120

Non-Resident \$130

0929.109 Jazz Technique III
Banneker Recreation Center
12:30pm to 1:30pm Sat.

Ages: 10 to 18yrs.

0929.209 Jazz Technique IV
Banneker Recreation Center
6pm to 7:30pm Mon.

Tap

Tap is geared towards beginner intermediate and advanced dancers ages 7-18. In Tap, dancers will work on tap progressions, time steps and choreography. Attire: Girls – Black leotard, beige tights, black tap shoes (lace-up or jazz tap style). Boys – White t-shirt, black sweatpants and black tap shoes (lace-up or jazz tap style).

Ages: 7 to 9yrs.

Fee: DC Resident \$120

Non-Resident \$130

Starts: Jan. 7, 2009

Ends: Mar. 11, 2009

0959.109 Tap II
Banneker Recreation Center
6:30pm to 7:30pm Wed.

0959.209 Tap III
Banneker Recreation Center
10:30am to 11:30am Sat.

Ages: 10 to 18yrs.

0959.309 Tap IV

Banneker Recreation Center
7:30pm to 8:30pm Wed.

Spanish

This class is inclusive of basic through the intermediate conversational Spanish.

Ages: 18yrs. and over

Fee: DC Resident \$80

Non-Resident \$85

Starts: Jan. 12, 2009

Ends: Mar 2, 2009

1288.215 Chevy Chase Community Center
7:30pm to 8:30pm Mon.

Environmental Education

Youth Garden Club

Participants will learn about gardening and the environment, as well as make different projects such as Holiday Centerpieces and other crafts.

Fee: Free

Ages: 8 to 13yrs.

Year-round program

Starts: Aug. 26, 2008

Ends: Mar. 28, 2009

9am to 1pm Sat.

8430.594 Twin Oaks Community Gardens

8430.555 Lederer Gardens

Adult Green Gardening Workshops

Participants will partake in a variety of workshops pertaining to gardening with different guest speakers and topics.

Fee: Free

Ages: 18yrs. and over 2 workshops

Starts: Feb. 21, 2009

Ends: Mar. 7, 2009

10am to 12pm Sat.

8430.694 Twin Oaks Community Garden

Senior Garden Workshops

Participants will share gardening tips and ideas. Make different projects using materials from the gardens and enjoy learning about community gardening.

Fee: Free

Ages: 55yrs. and over 3 workshops

■ Dec. 5, 2008 ■ Jan. 9, 2009 ■ Feb. 6, 2009

2pm to 4pm Fri.

8430.794 Lederer Gardens



Seniors

All In One Seniors Club

Seniors gather and enjoy various programs and activities.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1230.878 Parkview Recreation Center
693 Otis Place NW
9am to 12pm Tues. & Thurs.



Arts and Crafts

Seniors learn to create artistic and decorative craft items.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1229.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
10am to 1pm Mon. & Wed.

Ballroom Dancing

Seniors learn the basics of the Fox Trot, Waltz, Swing, Tango, Cha-Cha, Salsa, Quick Step, Samba, Meringue, Two Step and Rumba dances.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1223.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
7pm to 9pm Wed.

Starts: Dec. 23, 2008 Ends: Sept. 29, 2009

0848.192 Turkey Thicket Community Center
1100 Michigan Avenue NE
12:30pm to 2:30pm Tues.

Basic Computer Training

Learn the basic components of the computer; learn how to send and receive e-mails and surf the internet.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1212.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
10am to 12pm Tues. Wed. & Fri.
1227.833 12:30pm to 2:30pm Mon. & Thurs.

1212.844 Hillcrest Recreation Center
3100 Denver Street, SE
10am to 11am Tues. & Thurs.

1212.850 Kennedy Recreation Center
1401 7th Street, NW
10:30am to 3pm Mon. Wed. & Thurs.

1212.853 Lamond Recreation Center
20 Tuckerman Street, NE
11am to 12pm Mon. & Thurs.

1212.876 North Michigan Park Recreation Center
1333 Emerson Street NE
10am to 3pm Mon. through Fri.

1212.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
10am to 11am Tues.

Belly Dancing

Seniors learn a social dance performed for fun and celebration .

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1211.827 Emery Recreation Center
5701 Georgia Avenue, NW
10:30 am to 11am Mon.

Bid Whist Club

Join in the fun of playing Bid Whist, a popular and competitive card game.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1201.829 Fort Davis Community Center
1400 41st Street, SE
12:30 pm to 2:30pm Tues.

1201.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
5pm to 7pm Mon. through Fri.

1201.850 Kennedy Recreation Center
1401 7th Street, NW
12:30pm to 2:30pm Tues.

1201.853 Lamond Recreation Center
20 Tuckerman Street, NE
1pm to 6pm Tues. & Thurs.

1201.876 North Michigan Park Recreation Center
1333 Emerson Street NE
12pm to 3pm Wed.



Billiards

Learn the fundamentals of billiards.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

- 1202.827 Emery Recreation Center
5701 Georgia Avenue, NW
12pm to 4pm Mon. through Fri.
- 1202.829 Fort Davis Community Center
1400 41st Street, SE
12pm to 4pm Mon. through Fri.
- 1202.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
10:30am to 6:30pm Mon. through Fri.
- 1202.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
10:30am to 6:30pm Mon. through Fri.
- 1202.844 Hillcrest Recreation Center
3100 Denver St., SE
12pm to 4pm Mon. through Fri.
- 1202.849 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
10:30 am to 6:30pm Mon. through Fri.
- 1202.850 Kennedy Recreation Center
1401 7th Street, NW
10:30 am to 6:30pm Mon. through Fri.
- 1202.853 Lamond Recreation Center
20 Tuckerman Street, NE
10:30am to 6:30pm Mon. through Fri.
- 1202.889 Theodore Hagan's Cultural Center
3201 Fort Lincoln Drive, NE
12pm to 4pm Mon. through Fri.

Bingo Club

Join in the fun for a game of Bingo and win wonderful prizes.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

- 1203.825 Edgewood Terrace (The View)
635 Edgewood Terrace, NE
3pm to 4pm Thurs.
- 1203.829 Fort Davis Community Center
1400 41st Street, SE
2pm to 4pm Fri.
- 1203.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
4pm to 5:30 pm Mon.
- 1203.850 Kennedy Recreation Center
1401 7th Street, NW
11am to 2pm Thurs.
- 1203.853 Lamond Recreation Center
20 Tuckerman Street, NE
1pm to 4pm Mon. & Wed.
- 1203.876 North Michigan Park Recreation Center
1333 Emerson Street NE
10am to 12pm Fri.

Blood Pressure Check

Come and get your blood pressure checked and learn healthful ways to keep it under control.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

- 1204.825 Edgewood Terrace (The View)
635 Edgewood Terrace, NE
11am to 3pm Mon. through Fri.
- 1204.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
11am to 2pm Mon.
- 1204.849 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
12pm to 12:30 pm Mon. & Thurs.

Bowling

Learn the rules and techniques for a successful game play.

Ages: 55yrs and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

- 1206.850 Kennedy Recreation Center
1401 7th Street, NW
10:45am to 2:30pm Wed.

Bridge Club

Accept the challenge and learn to play one of the world's most intriguing card games.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1207.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
1pm to 4pm Mon.& Fri.

Ceramics

Learn the techniques of pinch slabbing, firing, and glazing to produce finished works of arts.

Ages: 55yrs. and over
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009
Fee: Free

1208.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
2pm to 4pm Tues. & Thurs.

1208.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
10:30am to 2pm Tues.

Chair Exercise

Learn the benefits to the body by using a chair to exercise.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009
Fee: Free

1209.827 Emery Recreation Center
5701 Georgia Avenue, NW
10:30 am to 11am Thurs.

1209.829 Fort Davis Community Center
1400 41st Street, SE
11am to 12pm Tues. & Thurs.

1209.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
11am to 12pm Mon.

1209.849 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
10:30 am to 11:30am Mon. & Wed.

1209.853 Lamond Recreation Center
20 Tuckerman Street, NE
10:30am to 11:15am Fri.

1209.874 Riggs Lasalle Recreation Center
9:30am to 10:15am Fri.

1209.875 Takoma Recreation Center
300 Van Buren Street, NW
9am to 10am Mon. Wed. & Fri.

Starts: Dec. 24, 2008 Ends: Mar. 4, 2009
5238.192 Turkey Thicket Community Center
1100 Michigan Avenue NE
10:30am to 11:15am Mon. & Wed.

1209.876 North Michigan Park Recreation Center
1333 Emerson Street NE
9am to 10am Tues. & Thurs.

CPR & First Aide for Senior's

Seniors learn safety techniques to help recognize and respond to medical emergencies using specific steps for treating injuries.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1241.850 Kennedy Recreation Center
1401 7th Street, NW
11am to 12pm Mon.

Crochet Class

Participants will receive individual instruction in learning different stitches and basic skills of crochet art.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1210.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
1pm to 4pm Wed.

Digital Photography

Join this exciting workshop that introduces participants to the world of digital photography. Learn to use a digital camera and print and preserve photographs using a computer.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1236.850 Kennedy Recreation Center
1401 7th Street, NW
3:30pm to 5:30pm Tues.

Doll Making Class

Design and create your very own cloth dolls.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1211.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
11am to 1pm Tues.



Hand Dancing

Enjoy swinging to the beat? Come out and enjoy the art and different styles of hand dancing.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1224.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
7pm to 9pm Tues. & Thurs.

1224.850 Kennedy Recreation Center
1401 7th Street, NW
6:30pm to 8:30pm Wed.

Health Walk

Start slow and build up speed as you move towards a progressive walking program, Indoor and outdoor walks.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1213.825 Edgewood Terrace (The View)
635 Edgewood Terrace, NE
9am to 12pm Fri.

1213.827 Emery Recreation Center
5701 Georgia Avenue, NW
10am to 12pm Mon. to Fri.

1213.829 Fort Davis Community Center
1400 41st Street, SE
10:30am to 12:30 pm Fri.

1213.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
9:30am to 12:30pm Fri.

1213. 844 Hillcrest Recreation Center
3100 Denver St., SE
10am to 12pm Mon. Wed. & Fri.

1213.849 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
11am to 12pm Fri.

1213.850 Kennedy Recreation Center
1401 7th Street, NW
11:30am to 12:30pm Mon. through Fri.

Jewelry Making

Seniors learn the art of making jewelry using various beads, etc.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1235.850 Kennedy Recreation Center
1401 7th Street, NW
12:30pm to 2:30 pm Mon. & Fri.

Line Dance Class

Learn the basic steps and techniques to the latest line dances.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1225.853 Lamond Recreation Center
20 Tuckerman Street, NE
1:30 pm to 2:30 pm Tues.

1225.876 North Michigan Park Recreation Center
1333 Emerson Street NE
1pm to 3pm Thurs.

Starts: Dec. 26, 2008 Ends: Oct. 16, 2009

1868.292 Turkey Thicket Community Center
1100 Michigan Avenue NE
9:15am to 11:15am Fri.

Low Impact Aerobics

Enjoy the benefits of a slower paced aerobic workout to improve stamina and strength.

Ages: 55yrs. and over Fee: Free
Starts: Dec.22, 2008 Ends: Mar. 11, 2009

1214.827 Emery Recreation Center
5701 Georgia Avenue, NW
10:30am to 11am Tues.

1214.829 Fort Davis Community Center
1400 41st Street, SE
10am to 11am Tues. & Thurs.

1214.833 Fort Stevens Senior Center
10:30 am to 11:30am Mon. & Thurs.

1214.849 Kenilworth- Parkside Recreation Center
4300 Anacostia Avenue, NE
10:30am to 11:30am Tues. & Thurs.

1214.850 Kennedy Recreation Center
1401 7th Street, NW
10:30am to 11:30am Mon. through Fri.

1214.853 Lamond Recreation Center
20 Tuckerman Street, NE
11:30 am to 12:15pm Tues.

1214.874 Riggs Lasalle Recreation Center
9:30am to 10:15am Tues. & Thurs.

Mah Jongg

Seniors learn to play the ancient Chinese game.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1202.876 North Michigan Park Recreation Center
1333 Emerson Street NE
1pm to 3pm Mon.



Mask Making Class

Seniors learn to create various styles of masks made from different materials.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1230.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
10am to 2pm Wed.

Movie Day

Seniors meet weekly to enjoy their favorite films and eat tasty treats.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1218.829 Fort Davis Community Center
1400 41st Street, SE
1:30pm to 4pm Fri.

1218.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
2pm to 4:30pm Wed. & Fri.

1218.849 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
4pm to 6:30pm Mon. Wed. & Fri.

1218.850 Kennedy Recreation Center
1401 7th Street, NW
2pm to 6pm Fri.

Personal Training

A Personal Trainer designs effective exercise programs that are tailored to meet the needs of senior clients and helps them reach their goals.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1226.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
1pm to 2pm Wed.

1226.853 Lamond Recreation Center
20 Tuckerman Street, NE
1pm to 2pm Tues.

Pinochle Club

Seniors join in the fun of playing Pinochle.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1220.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
1pm to 8pm Tues. & Thurs.

1220.876 North Michigan Park Recreation Center
1333 Emerson Street NE
11am to 3pm Tues.

Pokeno

Spend time with your playing Pokeno, an all time favorite game.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1219.825 The Edgewood (The View)
635 Edgewood Terrace, NE
3pm to 4pm Wed.

1219.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
1pm to 3:30pm Mon. & Fri.

1219.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
3pm to 4:30pm Tues. & Thurs.

1219.850 Kennedy Recreation Center
1401 7th Street, NW
11:30am to 2pm Fri.



Quilting

Seniors learn various styles of personal work art that tells your story from various cloth materials.

Ages: 55yrs. and over Fee: Free
Starts: Dec.22, 2008 Ends: Mar. 11, 2009
Fee: Free

- 1228.876 North Michigan Park Recreation Center
1333 Emerson Street NE
12:30pm to 3:30pm Sat.
- 1228.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
1pm to 4pm Mon. & Fri.

Scrabble Club

Join in the fun of playing Scrabble and challenging your peers to make seven letter words.

Ages: 55yrs and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

- 1221.829 Fort Davis Community Center
1400 41st Street, SE
2pm to 3:30pm Wed.
- 1221.849 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
3pm to 5pm Wed.

Scrap Booking

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

- 1240.829 Fort Davis Community Center
1400 41st Street, SE
12:30pm to 1:30pm Thurs.
- 1240.850 Kennedy Recreation Center
1401 7th Street, NW
12:30pm to 1:30pm Thurs.

Senior Book Buddies

Enjoy spirited discussions on books selected by you and your peers.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 8, 2008 Ends: Mar. 11, 2009

- 1205.829 Fort Davis Community Center
1400 41st Street, SE
12pm to 1pm Mon.
- 1205.844 Hillcrest Recreation Center
12pm to 1pm Mon.
- 1205.876 North Michigan Park Recreation Center
1333 Emerson Street NE
7pm to 9pm Mon.

Senior Momentum

Safe and simple exercises that will strengthen your muscles and bones, enhance flexibility, relieve arthritis symptoms, improve posture and endurance while also increasing your energy.

Ages: 40yrs. and over
Starts: Jan. 13, 2009 Ends: Mar. 3, 2009
Fee: DC Resident \$150 Non-Resident \$160

- 3008.815 Chevy Chase Community Center
11:15am to 12:15pm Tues. & Thurs.

Senior Wellness

Seniors learn to strengthen and condition their muscles during weight training.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

- 1232.879 Columbia Height Community Center
10am to 12pm Tues. & Thurs.



Sewing Class

Learn the basic techniques of sewing.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1204.876 North Michigan Park Recreation Center
1333 Emerson Street NE
12:30pm to 3pm Sat.



Stretch and Tone Exercises

Strengthen and tone muscles with safe and simple exercises.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1215.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
11:30am to 12pm Mon. & Thurs.

Starts: Dec. 23, 2008 Ends: Mar. 12, 2009

5038.192 Turkey Thicket Community Center
1100 Michigan Avenue NE
10:30am to 11am Tues. and Thurs.

Tap Dancing

Ages: 55yrs. and over
Starts: Dec. 27, 2008 Ends: Oct. 3, 2009

0848.292 Turkey Thicket Community Center
1100 Michigan Avenue NE
1pm to 3:15pm Sat.

Through These Eyes

A creative drawing and painting program for seniors envisioned through their eyes.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1231.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
11am to 2pm Thurs.

Tai Chi

Seniors learn self healing exercises through meditation and movement.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1217.827 Emery Recreation Center
5701 Georgia Avenue, NW
10:30am to 11am Wed.

1217.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
10am to 11am Tues.

Weight Circuit Training

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1233.827 Emery Recreation Center
5701 Georgia Avenue, NW
10am to 12pm Mon. through Fri.

Words of Wisdom

Participants discuss various issues that effect aging and older adults.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1222.835 Greenleaf Senior Building
1200 Delaware Avenue, SW
3:30 pm to 4:30 pm Wed.

1222.849 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
11am to 12pm Mon.& Thurs.

1222.853 Kenilworth-Parkside Recreation Center
4300 Anacostia Avenue, NE
4pm to 6:pm Wed.

Yarn Crafts

Seniors learn various styles of craft made from yarn.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1232.889 Theodore Hagans Cultural Center
3201 Fort Lincoln Drive, NE
10am to 12pm Tues.

Yoga

Gain flexibility, balance, muscular strength and relaxation through movement and breathing exercises. Experience how yoga can relax your mind, body and enhance your concentration.

Ages: 55yrs. and over Fee: Free
Starts: Dec. 22, 2008 Ends: Mar. 11, 2009

1216.833 Fort Stevens Senior Center
1327 Van Buren Street, NW
6pm to 7pm Mon.



Therapeutic Recreation

3030 G Street SE
Washington DC
(202) 645-5708

Hours of Operation:
9am to 5pm Mon. thru Fri.
CLOSED Sat. & Sun.

B.A.S.S. Level I

Beginner Aquatic Swim Skills. Participants will learn very basic swimming skills for various abilities. Class size is limited.

Ages: 25yrs. and over Fee: Free

Session 1

Starts: Sept. 23, 2008 Ends: Dec. 11, 2008
7248.719 10am to 10:30am Tues. & Thurs.

Session 2

Starts: Dec. 30, 2008 Ends: Mar. 12, 2009
7648.719 DC Center for Therapeutic Rec.
10am to 10:30am Tues. & Thurs.

B.A.S.S. Level II

Designed for those who have no fear of the water with a desire to learn more about swimming. Class is designed to prepare for advance swimming instruction. Intermediate learn to swim provides basic instruction in floating with a kick, one to two stroke swimming and submerging in deep water techniques.

Ages: 25yrs. and over Fee: Free

Session 1

Starts: Sept. 23, 2008 Ends: Dec. 11, 2008
7368.719 DC Center for Therapeutic Rec.
9:30am to 10am Tues. & Thurs.

Session 2

Starts: Dec. 30, 2008 Ends: Mar. 12, 2009
7668.719 DC Center for Therapeutic Rec.
9:30am to 10am Tues. & Thurs.

B.A.S.S Level III

Participants will learn underwater swimming, treading and back crawl. Participants are expected to swim in chest deep water.

Ages: 25yrs. and over Fee: Free

Session 1

Starts: Jan. 9, 2009 Ends: Mar. 13, 2009
7748.719 DC Center for Therapeutic Rec.
10am to 10:45am Fri.

Feeling Good

Provides different water exercises based on individual ability and comfort level.

Ages: 21yrs. and up
Fee: DC Resident \$25 Non-Resident \$50

Session 1

Starts: Sept. 23, 2008 Ends: Dec. 11, 2008
7198.719 DC Center for Therapeutic Rec.
11am to 11:45am Tues. & Thurs.



FINS Level I

Learn basic water exercise routines and play water sport activities designed especially for children with obesity concerns are strongly encouraged to enroll.

Ages: 6 to 11yrs. Fee: Free

Session 1

Starts: Sept. 22, 2008 Ends: Dec. 10, 2008
7238.119 DC Center for Therapeutic Rec.
4pm to 4:30pm Mon. & Wed.

FINS Level II

Learn and play basic water exercise routines and sport activities. Program open to all children. Those with obesity concerns strongly encouraged to enroll.

Ages: 12 to 17yrs. Fee: Free
Starts: Sept. 23, 2008 Ends: Dec. 11, 2008

Session 1
7038.519 DC Center for Therapeutic Rec.
4pm to 4:30pm Tues. & Thurs.



Boot Camp Challenge

This adaptive exercise program is designed for those with mobility concerns, seniors, and adults with special needs. Program consists of a cardio and overall muscle and workout regimen that will be implemented in the gym and pool of the TR Center.

Ages: 21yrs. and over
Fee: DC Resident \$25 Non-Resident \$50

Session 1
Starts: Sept. 23, 2008 Ends: Dec. 11, 2008
7258.719 DC Center for Therapeutic Rec.
11am to 12:45pm Tues. & Thurs.

Session 2
Starts: Dec. 30, 2008 Ends: Mar. 12, 2009
7758.719 DC Center for Therapeutic Rec.
11am to 12:45pm Tues. & Thurs.

Chair-A-Size

A small class setting for wheelchair users to help tone and strengthen muscles and increase their range of motion. Personal attendants/dedicated aides are welcome with participants. Class size is limited.

Ages: 21yrs. and up
Fee: DC Resident \$25 Non-Resident \$75

Session 1
Starts: Dec. 30, 2008 Ends: Mar. 12, 2009
7758.720 DC Center for Therapeutic Rec.
11am to 11:45am Tues. & Thurs.

Leisure Life Skills

The Leisure Life Skills Program is an alternative to the traditional day treatment program servicing adults with special needs. Activities are used for the promotion of socialization skills, increasing/enhancement of cognitive functioning, the development/increasing of daily living skills and the opportunity to make leisure choices.

Ages: 22yrs. and up
Starts: Sept. 22, 2008 Ends: Dec. 19, 2008
Fee: DC Resident \$100 Non-Resident \$120

Session 1
7388.719 DC Center for Therapeutic Rec.
10am to 3pm Mon. through Fri.

L.E.A.P.

(Leisure Education Awareness Program)

An alternative day treatment program that is designed to assist adults with special needs with leisure information, leisure participation and leisure decision making. The program will provide guidance to individuals on the various leisure resources in their community and in the metropolitan area as well as the components of successful and fun filled leisure experiences.

Ages: 22yrs. and up
Fee: DC Resident \$100 Non-Resident \$120
Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

Session 1
7688.719 DC Center for Therapeutic Rec.
10am to 2:30pm Mon. through Fri.

L.E.A.P.

(Leisure Education Awareness Program)

An alternative day treatment program that is designed to assist adults with special needs with leisure information, leisure participation and leisure decision making. The program will provide guidance to individuals on the various leisure resources in their community and in the metropolitan area as well as the components of successful and fun filled leisure experiences.

Ages: 21yrs. and over
Fee: DC Resident \$100 Non-Resident \$120
Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

7328.129 Fort Davis Recreation
10am to 2:30pm Mon. through Fri.

Metro TR Bowling League

Join our league and you will have fun. Sharpen your bowling skills, get in shape, and meet new friends.

Ages: 21yrs. and up Fee: \$6 per day

Session 1

Starts: Oct. 7, 2008 Ends: April 28, 2009
7398.719 10am to 2pm. Tues.

People with Arthritis Can Exercise (P.A.C.E.)

If you have arthritis, this may be the program for you. People with arthritis can exercise!! Individuals learn how to do low impact land exercises which may help increase your mobility and flexibility.

Ages: 21yrs. and over Fee: Free
Starts: Jan. 5, 2009 Ends: Mar. 20, 2009

7468.129 Fort Davis Recreation
1pm to 2pm Mon. & Wed.

Positive Parents Support Group

The Positive Parents meet twice a month, the first meeting offers a workshop, guest speaker, or presentation for parents of children with disabilities or special needs. The second meeting is a dinner/support group with discussion topics available but peer support and resource exchange are the focus. For parents of children with disabilities or special needs.

Ages: All Fee: Free
Starts: Sept. 1, 2008 Ends: June 1, 2009

Session 1
7198.419 DC Center for Therapeutic Rec
5pm to 6:30pm, 1st and
3rd Thurs. of the month.

Rehabilitation Day Treatment Services

This is a structured clinical program that teaches and develops children's skills, and changes behavior. Evidence-based practices that utilize social, psychoeducational, behavioral, and cognitive mental health interventions improve individual functioning and assist young people in reaching their maximum potential. Staff employs a range of treatment modalities to meet children where they are, including life skills and social skills groups, conflict resolution, crisis intervention, and expressive therapies: art, music, drama, recreation, dance/movement. Case managers coordinate services and continuity of care, and a consulting psychiatrist is an active member of the staff team. Requires Referral from local Core Service Agency and Authorization from DMH (MHRS), Axis I Diagnosis.

Ages: 6 to 18yrs. Year round-program
7198.119 Fee: Free
DC Center for Therapeutic Rec
12pm to 7pm Mon. through Fri.

Therapeutic Out of School Time

This program provides structured therapeutic programs and services to at-risk children and youth from all Wards of the District. Program participants receive academic support and educational enhancement activities. They follow behavior modification plans and participate in daily blocks of arts, drama, dance, music, and recreation. They participate in life skills groups with topics including self esteem, anger management, health and hygiene, and violence prevention. The power of positivity is essential to the success of this program.

Ages: 6 to 13yrs. Year round-program
7198.219 Fee: Free
DC Center for Therapeutic Rec
3pm to 7pm Mon. through Fri.



Teen Achievement Program

This program is designed to engage, challenge and develop healthy teenagers and to give them positive, viable alternatives to life's negative pressures. The teens participate in exercises and activities that challenge them to implement positive choices and anticipate consequences. They work intensely with a life skills curriculum with a focus on personal care, budgeting and money management, study habits, health and hygiene, self-esteem, self-awareness, and anger management. They engage with each other as team members, with their community, and with the city. Goal-setting is a key skill practiced as participants are guided toward autonomy and independence.

Ages: 14 to 18yrs. Year round-program
7198.319 Fee: Free
DC Center for Therapeutic Rec
3pm to 7pm Mon. through Fri.